### Group X Schedule Mini One August 27 thru October 19

**Monday**
- **Yoga with Tori** 7:30 am - 8:30 am  
  Keeler Studio
- **Boot Camp with Randy** 11:30 am - 12:15 pm  
  Studio A
- **Pilates with Kristy** 11:30 am - 12:15 pm  
  Keeler Studio
- **Indoor Cycling with joao** 11:30 am - 12:15 pm  
  Indoor Cycling Studio
- **Strength with Alex** 12:30 pm - 1:15 pm  
  Studio A
- **Yoga with Danica** 12:30 pm - 1:30 pm  
  Keeler Studio
- **Pylometrics with Willie** 5:00 pm - 6:00 pm  
  Studio A
- **Zumba with Michelle** 5:30 pm - 6:30 pm  
  Keeler Studio
- **Indoor Cycling with Lexi** 5:30 pm - 6:15 pm  
  Indoor Cycling Studio
- **Abs & Glutes with Karen** 6:00 pm - 6:45 pm  
  Studio A
- **Yoga with jill** 6:30 pm - 7:30 pm  
  Keeler Studio
- **Boot Camp with Rebecca** 7:00 pm - 7:45 pm  
  Studio A

**Tuesday**
- **Water Aerobics with LaVette** 8:15 am - 9:00 am  
  Pool
- **Barre with Tammy** 11:30 am - 12:15 pm  
  Keeler Studio
- **Indoor Cycling with Alex** 12:15 pm - 1:00 pm  
  Indoor Cycling Studio
- **Yoga with Sadie** 12:30 pm - 1:30 pm  
  Keeler Studio
- **Zumba with Michelle** 5:30 pm - 6:30 pm  
  Keeler Studio
- **Kickboxing with Karen** 5:30 pm - 6:30 pm  
  Studio A
- **Pilates with Lexi** 6:30 pm - 7:15 pm  
  Keeler Studio
- **Contemporary Dance with Tammy** 6:45 pm - 7:30 pm  
  Studio A
- **Boxing Conditioning with Karen** 6:00 pm - 7:00 pm  
  Studio A
- **Yoga with Tori** 6:30 pm - 7:30 pm  
  Keeler Studio
- **Barre with Rebecca** 7:15 pm - 8:00 pm  
  Studio A

**Wednesday**
- **Strength with Molly** 7:30 am - 8:15 am  
  Studio A
- **HIIT with Randy** 11:30 am - 12:15 pm  
  Studio A
- **Indoor Cycling with Joao** 11:30 am - 12:15 pm  
  Indoor Cycling Studio
- **Yoga with Danica** 12:30 pm - 1:30 pm  
  Keeler Studio
- **Water Aerobics with LaVette** 1:30 pm - 2:15 pm  
  Pool
- **Kettlebell with Lexi** 4:30 pm - 5:15 pm  
  Studio A
- **Zumba with Dabney** 5:30 pm - 6:30 pm  
  Keeler Studio
- **Indoor Cycling with Lexi** 5:30 pm - 6:15 pm  
  Indoor Cycling Studio
- **Boot Camp with Karen** 5:30 pm - 6:30 pm  
  Studio A
- **Zumba with Christine** 6:00 pm - 7:00 pm  
  Keeler Studio
- **Water Aerobics with LaVette** 7:00 pm - 7:45 pm  
  Pool

**Thursday**
- **HIIT with Randy** 10:00 am - 10:45 am  
  Studio A
- **Pilates with Melissa** 11:45 am - 12:30 pm  
  Studio A
- **Indoor Cycling with Kristy** 12:00 pm - 12:45 pm  
  Indoor Cycling Studio
- **Speed & Agility with Randy** 12:30 pm - 1:15 pm  
  Studio A
- **Barre with Tammy** 12:00 pm - 12:45 pm  
  Studio A
- **Yoga with Sadie** 12:30 pm - 1:30 pm  
  Keeler Studio
- **Indoor Cycling with Alex** 5:30 pm - 6:15 pm  
  Indoor Cycling Studio
- **Boot Camp with Karen** 5:30 pm - 6:30 pm  
  Studio A
- **Zumba with Katie** 5:30 pm - 6:30 pm  
  Keeler Studio
- **Zumba with Christine** 6:00 pm - 7:00 pm  
  Keeler Studio

**Friday**
- **Fun Run with Molly** 7:30 am - 8:15 am  
  Studio A
- **Kettlebell with Kristy** 11:30 am - 12:15 pm  
  Studio A
- **Indoor Cycling with Randy** 11:30 am - 12:15 pm  
  Studio A
- **Yoga with jill** 11:30 am - 12:30 pm  
  Keeler Studio
- **Zumba with Emily** 5:00 pm - 6:00 pm  
  Keeler Studio
- **Strength with Alex** 12:30 pm - 1:15 pm  
  Studio A
- **Yoga with Jill** 6:00 pm - 7:00 pm  
  Studio A
- **Strength**
- **Yoga and Pilates**
- **Cycling**
- **Dance**
- **Cardio**

**Saturday**
- **Yoga with Tori** 11:00 am - 12:00 pm  
  Keeler Studio
- **Indoor Cycling with Randy** 11:30 am - 12:15 pm  
  Indoor Cycling Studio
- **Yoga with Jill** 11:30 am - 12:30 pm  
  Keeler Studio
- **Zumba with Emily** 5:00 pm - 6:00 pm  
  Keeler Studio
- **Strength with Alex** 12:30 pm - 1:15 pm  
  Studio A
- **Yoga with Jill** 6:00 pm - 7:00 pm  
  Studio A

**Sunday**
- **Zumba with Katie** 5:30 pm - 6:30 pm  
  Keeler Studio
- **Indoor Cycling with Martina** 5:30 pm - 6:15 pm  
  Indoor Cycling Studio

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**Please scroll down to view Tepper Fitness Center Class Schedule**
# Tepper Fitness Class Schedule September 10 thru October 19

Free for all CMU students, faculty and staff

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
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<td>❍ Yoga with Danica</td>
<td>❍ Yoga with Hannah</td>
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<td>❍ Cardio &amp; Core with Rebecca</td>
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<td>11:30 am - 12:15 pm Noll Studio</td>
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For more information, contact Pattye Stragar at pls@andrew.cmu.edu or at 412.268.1235

http://athletics.cmu.edu//facilities/tepperfitness
http://athletics.cmu.edu/fitness/groupx