<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga w/ Tori 7:30 am - 8:30 am Keeler Studio</td>
<td>Water Aerobics w/ LaVette 8:15 am - 9:00 am Pool</td>
<td>HIIT w/ Kristy 11:30 am - 12:15 pm Studio A</td>
<td>Pilates w/ Melissa 11:45 am - 12:30 pm Keeler Studio</td>
<td>Kettlebell w/ Kristy 11:30 am - 12:15 pm Studio A</td>
<td>Yoga w/ Tori 11:00 am - 12:00 pm Keeler Studio</td>
</tr>
<tr>
<td>HIIT w/ Randy 11:30 am - 12:15 pm Studio A</td>
<td>Barre w/ Tammy 11:30 am - 12:15 pm Studio A</td>
<td>Indoor Cycling w/ LaVette 12:30 pm - 1:15 pm Indoor Cycling Studio</td>
<td>Indoor Cycling w/ Joao 12:30 pm - 1:15 pm Indoor Cycling Studio</td>
<td>Yoga w/ Jill 11:30 am - 12:30 pm Keeler Studio</td>
<td>Indoor Cycling w/ Randy 11:30 am - 12:15 pm Indoor Cycling Studio</td>
</tr>
<tr>
<td>Indoor Cycling w/ Randy 12:30 pm - 1:15 pm Indoor Cycling Studio</td>
<td>Yoga w/ Sadie 12:30 pm - 1:30 pm Keeler Studio</td>
<td>Yoga w/ Danica 12:30 pm - 1:30 pm Keeler Studio</td>
<td>Barre w/ Tammy 12:00 pm - 12:45 pm Studio A</td>
<td>Indoor Cycling w/ Randy 12:00 pm - 12:30 pm Indoor Cycling Studio</td>
<td>Indoor Cycling w/ LaVette 12:00 pm - 12:30 pm Indoor Cycling Studio</td>
</tr>
<tr>
<td>Yoga w/ Danica 12:30 pm - 1:30 pm Keeler Studio</td>
<td>Yoga w/ Sadie 4:30 pm - 5:30 pm Keeler Studio</td>
<td>Water Aerobics w/ LaVette 1:30 pm - 2:15 pm Pool</td>
<td>Yoga w/ Sadie 12:30 pm - 1:30 pm Keeler Studio</td>
<td>Yoga w/ Sadie 12:30 pm - 1:30 pm Keeler Studio</td>
<td>Yoga w/ Jill 12:30 pm - 1:15 pm Keeler Studio</td>
</tr>
<tr>
<td>Plyometrics w/ Willie 5:00 pm - 6:00 pm Studio A</td>
<td>Zumba w/ Michelle 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Kettlebell w/ Lexi 4:30 pm - 5:15 pm Studio A</td>
<td>Yoga w/ Sadie 4:30 pm - 5:30 pm Keeler Studio</td>
<td>Yoga w/ Sadie 4:30 pm - 5:30 pm Keeler Studio</td>
<td>Yoga w/ Jill 6:00 pm - 7:00 pm Keeler Studio</td>
</tr>
<tr>
<td>Zumba w/ Michelle 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Indoor Cycling w/ Lexi 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Indoor Cycling w/ Lexi 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Kettlebell w/ Lexi 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Indoor Cycling w/ Joao 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Strength w/ Alex 4:30 pm - 5:15 pm Studio A</td>
</tr>
<tr>
<td>Indoor Cycling w/ Lexi 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Kickboxing w/ Karen 5:30 pm - 6:30 pm Studio A</td>
<td>Zumba w/ Dabney 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Zumba w/ Dabney 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Zumba w/ Christine 6:00 pm - 7:00 pm Keeler Studio</td>
<td>Yoga w/ Jill 5:30 pm - 6:30 pm Keeler Studio</td>
</tr>
<tr>
<td>Abs &amp; Glutes w/ Karen 6:00 pm - 6:45 pm Studio A</td>
<td>Pilates w/ Lexi 5:30 pm - 6:15 pm Studio A</td>
<td>Indoor Cycling w/ Lexi 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Boot Camp w/ Karen 5:30 pm - 6:30 pm Studio A</td>
<td>Zumba w/ Katie 5:30 pm - 6:30 pm Keeler Studio</td>
<td>Zumba w/ Katie 5:30 pm - 6:30 pm Keeler Studio</td>
</tr>
<tr>
<td>Yoga w/ Jill 6:30 pm - 7:30 pm Keeler Studio</td>
<td>Boxing Conditioning w/ Karen 5:30 pm - 6:30 pm Studio A</td>
<td>Zumba w/ Arushi 6:45 pm - 7:30 pm Studio A</td>
<td>Yoga w/ Tori 5:30 pm - 6:15 pm Keeler Studio</td>
<td>Zumba w/ Joao 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
<td>Indoor Cycling w/ Joao 5:30 pm - 6:15 pm Indoor Cycling Studio</td>
</tr>
<tr>
<td>Boot Camp w/ Randy 7:00 pm - 7:45 pm Studio A</td>
<td>Yoga w/ Tori 5:30 pm - 6:15 pm Keeler Studio</td>
<td>Zumba w/ Arushi 6:45 pm - 7:30 pm Studio A</td>
<td>Barre w/ Rebecca 7:15 pm - 8:00 pm Studio A</td>
<td>Strength</td>
<td>Barre, Pilates, Yoga</td>
</tr>
<tr>
<td>Yoga w/ Tori 6:45 pm - 7:30 pm Keeler Studio</td>
<td>Yoga w/ Tori 6:30 pm - 7:30 pm Keeler Studio</td>
<td>Barre w/ Rebecca 7:15 pm - 8:00 pm Studio A</td>
<td></td>
<td>Cycling</td>
<td>Dance</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cardio</td>
</tr>
</tbody>
</table>

Please scroll down to view Tepper Fitness Center Class Schedule
# Tepper Fitness Class Schedule January 14 thru March 8

**Monday**
- **Yoga w/ Danica**
  11:30 am - 12:15 pm
  Noll Studio
- **Kettlebell w/ Lexi**
  4:30 pm - 5:15 pm
  Noll Studio
- **Balance, Strength & Flexibility w/ Nate**
  5:15 pm - 6:00 pm
  Noll Studio
- **Bollywood w/ Piyusha**
  6:15 pm - 7:00 pm
  Noll Studio

**Tuesday**
- **Yoga w/ Hannah**
  9:00 am - 10:00 am
  Noll Studio
- **Barre w/ Tammy**
  12:30 pm - 1:15 pm
  Noll Studio
- **Boot Camp w/ Alex**
  4:30 pm - 5:15 pm
  Noll Studio
- **Slow Flow Yoga w/ Carol**
  5:15 pm - 6:00 pm
  Noll Studio
- **Barre w/ Tammy**
  6:00 pm - 6:45 pm
  Noll Studio
- **Zumba w/ Michelle**
  6:45 pm - 7:30 pm
  Noll Studio

**Wednesday**
- **Yoga w/ Danica**
  11:30 am - 12:15 pm
  Noll Studio
- **Strength Training 101 w/ Randy**
  4:30 pm - 5:15 pm
  Noll Studio

**Thursday**
- **Cardio & Core w/ Rebecca**
  12:00 pm - 12:30 pm
  Noll Studio
- **Yoga w/ Hannah**
  12:30 pm - 1:15 pm
  Noll Studio
- **Boot Camp w/ Alex**
  4:30 pm - 5:15 pm
  Noll Studio
- **Pilates w/ Dolores**
  5:15 pm - 6:00 pm
  Noll Studio
- **Zumba w/ Arushi**
  6:15 pm - 7:00 pm
  Noll Studio

**Friday**
- **Yoga w/ Danica**
  12:00 pm - 1:00 pm
  Noll Studio
- **Zumba w/ Emily**
  1:00 pm - 1:45 pm
  Noll Studio

---

**No Group X Classes on Martin L. King Jr. Day, Monday January 21, 2019**

- **Strength**
- **Barre, Pilates, Yoga**
- **Dance**
- **Cardio**

---

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