Cohon Fitness Center Mini Two October 22 thru December 14

Group X classes at no cost for all CMU students, faculty and staff

**Monday**
- Yoga with Tori 7:30 am - 8:15 am
- Keeler Studio
- Strength with Molly 8:00 am - 8:45 am
- Studio A
- HIIT 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
- Yoga with Danica 12:30 pm - 1:30 pm
- Keeler Studio
- Studio A
- Pool
- Boot Camp with Rebecca 7:00 pm - 7:45 pm
- Studio A

**Tuesday**
- Water Aerobics w/ LaVette 8:15 am - 9:00 am
- Pool
- Barre with Molly 11:30 am - 12:15 pm
- Studio A
- HIIT with Randy 11:30 am - 12:15 pm
- Studio A
- Indoor Cycling with Alex 11:30 am - 12:15 pm
- Indoor Cycling Studio
- Cardio, Strength & Flex w/ Randy 11:30 am - 12:15 pm
- Studio A
- Yoga with Danica 11:30 am - 12:30 pm
- Keeler Studio
- Studio A
- Water Aerobics w/ LaVette 1:00 pm - 2:15 pm
- Pool
- Kettlebell w/ Lexi 3:30 pm - 5:15 pm
- Studio A
- Zumba with Michelle 4:30 pm - 5:30 pm
- Keeler Studio
- Pilates w/ Lexi 6:30 pm - 7:15 pm
- Keeler Studio
- Barre w/ Rebecca 7:15 pm - 8:00 pm
- Studio A

**Wednesday**
- Strength w/ Molly 7:30 am - 8:15 am
- Studio A
- HIIT w/ Randy 10:00 am - 11:15 am
- Keeler Studio
- Pilates w/ Melissa 11:45 am - 12:30 pm
- Keeler Studio
- Barre w/ Tammy 12:00 pm - 12:45 pm
- Studio A
- Indoor Cycling w/ Joao 12:30 pm - 1:30 pm
- Keeler Studio
- Yoga w/ Danica 12:30 pm - 1:30 pm
- Keeler Studio
- Indoor Cycling w/ Alex 5:30 pm - 6:15 pm
- Keeler Studio
- Kettlebell w/ Lexi 5:30 pm - 6:15 pm
- Studio A
- Studio A
- Zumba w/ Michelle 5:30 pm - 6:30 pm
- Keeler Studio
- Yoga w/ Danica 7:30 pm - 8:45 pm
- Keeler Studio
- Studio A

**Thursday**
- HIIT w/ Randy 10:00 am - 11:15 am
- Keeler Studio
- Pilates w/ Melissa 11:45 am - 12:30 pm
- Keeler Studio
- Barre w/ Tammy 12:00 pm - 12:45 pm
- Studio A
- Indoor Cycling w/ Joao 12:30 pm - 1:30 pm
- Keeler Studio
- Yoga w/ Danica 12:30 pm - 1:30 pm
- Keeler Studio
- Indoor Cycling w/ Alex 5:30 pm - 6:15 pm
- Keeler Studio
- Kettlebell w/ Lexi 5:30 pm - 6:15 pm
- Studio A

**Friday**
- Yoga w/ Jill 11:30 am - 12:30 pm
- Keeler Studio
- Indoor Cycling w/ Joao 11:30 am - 12:15 pm
- Indoor Cycling Studio
- Zumba w/ Tammy 12:15 pm - 1:15 pm
- Keeler Studio
- Yoga w/ Danica 11:45 am - 12:30 pm
- Studio A
- Kettlebell w/ Kristy 11:30 am - 12:15 pm
- Studio A
- Indoor Cycling w/ Joao 11:30 am - 12:15 pm
- Indoor Cycling Studio
- Zumba w/ Tammy 12:15 pm - 1:15 pm
- Keeler Studio
- Yoga w/ Jill 11:30 am - 12:30 pm
- Keeler Studio
- Indoor Cycling w/ Joao 11:30 am - 12:15 pm
- Indoor Cycling Studio

**Saturday**
- Yoga w/ Jill 11:30 am - 12:15 pm
- Keeler Studio
- Indoor Cycling w/ Joao 11:30 am - 12:15 pm
- Indoor Cycling Studio
- Zumba w/ Tammy 12:15 pm - 1:15 pm
- Keeler Studio
- Yoga w/ Jill 11:30 am - 12:30 pm
- Keeler Studio
- Indoor Cycling w/ Joao 11:30 am - 12:15 pm
- Indoor Cycling Studio
- Zumba w/ Tammy 12:15 pm - 1:15 pm
- Keeler Studio
- Yoga w/ Jill 6:00 pm - 7:00 pm
- Keeler Studio

Special Announcements:
- All recreational facilities are CLOSED November 22nd & 23rd.
- NO Group X-ercise Classes after 2:00 pm on Wednesday, November 21st, all day Thursday, Nov 22nd thru Sunday, Nov 25th.

For more information, contact Pattye Stragar at pls@andrew.cmu.edu or at 412.268.1235
http://athletics.cmu.edu/fitness/groupx