# Group X Schedule Summer Two July 22nd thru August 23rd

**Monday**
- **Boot Camp w/ Shani**
  8:00 am - 8:45 am
  Weight Room Floor CUC
- **HIIT w/ Randy**
  11:30 am - 12:15 pm
  Studio A. Kenner
- **Pilates w/ Kristy**
  11:30 am - 12:15 pm
  Keeler Studio
- **Indoor Cycling w/ Randy**
  12:30 pm - 1:15 pm
  Indoor Cycling Studio
- **Plyometrics w/ Willie**
  5:00 pm - 6:00 pm
  Studio A. Kenner
- **Zumba w/ Arushi**
  5:30 pm - 6:30 pm
  Keeler Studio
- **Indoor Cycling w/ Joao**
  6:00 pm - 6:45 pm
  Indoor Cycling Studio
- **Abs & Glutes w/ Karen**
  6:00 pm - 6:45 pm
  Studio A. Kenner
- **Yoga w/ Jill**
  6:30 pm - 7:30 pm
  Keeler Studio
- **Pilates w/ Lexi**
  6:30 pm - 7:15 pm
  Keeler Studio

**Tuesday**
- **Boot Camp w/ Nate**
  7:00 am - 7:45 am
  Weight Room Floor CUC
- **Indoor Cycling w/ Molly**
  8:00 am - 8:45 am
  Indoor Cycling Studio
- **Pilates w/ Kristy**
  11:30 am - 12:15 pm
  Keeler Studio
- **Indoor Cycling w/ Molly**
  11:30 am - 12:15 pm
  Studio A. Kenner
- **Yoga w/ Sadie**
  12:30 pm - 1:30 pm
  Keeler Studio
- **Yoga w/ Sadie**
  4:30 pm - 5:30 pm
  Keeler Studio
- **305 Fitness w/ Jasmine**
  5:30 pm - 6:30 pm
  Keeler Studio
- **Indoor Cycling w/ Lexi**
  5:30 pm - 6:15 pm
  Indoor Cycling Studio
- **Kickboxing w/ Karen**
  5:30 pm - 6:30 pm
  Studio A. Kenner
- **Pilates w/ Lexi**
  6:30 pm - 7:15 pm
  Keeler Studio

**Wednesday**
- **Boot Camp w/ Shani**
  8:00 am - 8:45 am
  Weight Room Floor CUC
- **HIIT w/ Kristy**
  11:30 am - 12:15 pm
  Studio A. Kenner
- **Indoor Cycling w/ Nate**
  12:15 pm - 1:00 pm
  Indoor Cycling Studio
- **Cardio, Strength & Flexibility w/ Randy**
  12:30 pm - 1:15 pm
  Studio A. Kenner
- **OCR Boot Camp w/ Randy**
  12:45 pm - 1:45 pm
  Studio A. Kenner
- **Zumba w/ Dabney**
  5:30 pm - 6:30 pm
  Keeler Studio
- **Boxing Conditioning w/ Karen**
  5:30 pm - 7:00 pm
  Studio A. Kenner
- **Indoor Cycling w/ Joao**
  6:00 pm - 6:45 pm
  Indoor Cycling Studio
- **Strength**
- **Barre, Pilates, Yoga**
- **Cycling**
- **Dance**
- **Cardio**

**Thursday**
- **Synergy 360 w/ Molly**
  11:30 am - 12:15 pm
  Weight Room Floor
- **Barre w/ Tammy**
  12:00 pm - 1:45 pm
  Studio A. Kenner
- **Indoor Cycling w/ Molly**
  12:30 pm - 1:15 pm
  Indoor Cycling Studio
- **Get Stronger Now w/ Randy**
  Noon - 12:45 pm
  Studio A. Kenner
- **Yoga w/ Sadie**
  12:30 pm - 1:30 pm
  Keeler Studio
- **Zumba w/ Tammy**
  12:30 pm - 1:15 pm
  Keeler Studio
- **Boot Camp w/ Karen**
  5:30 pm - 6:30 pm
  Studio A. Kenner
- **Indoor Cycling w/ Joao**
  6:00 pm - 6:45 pm
  Indoor Cycling Studio

**Friday**
- **Kettlebell w/ Kristy**
  11:30 am - 12:15 pm
  Studio A. Kenner
- **Yoga w/ Jill**
  11:30 am - 12:30 pm
  Keeler Studio
- **Strength w/ Randy**
  12:30 pm - 1:15 pm
  Studio A. Kenner
- **Yoga w/ Jill**
  6:00 pm - 7:00 pm
  Keeler Studio

**Saturday**
- **Zumba w/ Tammy**
  12:30 pm - 1:15 pm
  Keeler Studio
- **Yoga w/ Jill**
  12:30 pm - 1:15 pm
  Keeler Studio

**Sunday starts Aug 4**

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**FREE Group X-ercise Fitness Sampler**
Friday, August 23rd 1:00 pm - 4:00 pm

1:00 **Barre with Tammy**
Studio A. Kenner

1:00 **Pilates with Melissa**
Keeler

1:00 **Indoor Cycling with Nate**
Indoor Cycling Studio

1:30 **Yoga with Jill**
Keeler

1:30 **Strength with Randy**
Studio A. Kenner

2:00 **Balance, Strength & Flexibility with Nate**
Studio A. Kenner

2:00 **Yoga with Jill**
Keeler

2:30 **Core & Flexibility with Nate**
Studio A. Kenner

2:30 **Zumba with Tammy**
Keeler

3:00 **Fitness Fusion with Nate**
Studio A. Kenner

3:00 **305 Fitness with Jasmine**
Keeler

3:30 **Yoga 101 with Nate**
Keeler

3:30 **Boot Camp with Chelsea**
Studio A. Kenner
# Tepper Fitness Class Summer Two July 22nd thru August 23rd

**Monday**
- **Yoga w/ Jill**
  12:00 pm - 1:00 pm
  Noll Studio
- **HIIT w/ Chelsea**
  4:30 pm - 5:15 pm
  Noll Studio
- **Balance, Strength & Flexibility w/ Nate**
  5:15 pm - 6:00 pm
  Noll Studio

**Tuesday**
- **Barre w/ Tammy**
  12:30 pm - 1:15 pm
  Noll Studio
- **Boot Camp w/ Lexi**
  4:30 pm - 5:15 pm
  Noll Studio
- **Barre w/ Tammy**
  6:00 pm - 6:45 pm
  Noll Studio

**Wednesday**
- **Yoga w/ Sadie**
  12:00 pm - 1:00 pm
  Noll Studio
- **Yoga 101 w/ Nate**
  4:30 pm - 5:15 pm
  Noll Studio
- **Fitness Fusion w/ Nate**
  5:15 pm - 6:00 pm
  Noll Studio
- **305 Fitness w/ Jasmine**
  6:00 pm - 7:00 pm
  Noll Studio

**Thursday**
- **Circuit Training w/ Molly**
  8:00 am - 8:45 am
  Noll Studio
- **Core & Cardio w/ Nate**
  12:15 pm - 1:00 pm
  Noll Studio

**Friday**
- **Boot Camp w/ Chelsea**
  4:30 pm - 5:15 pm
  Noll Studio

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**FREE Group X-ercise Fitness Sampler**
Friday, August 23rd 1:00 pm - 4:00 pm

1:00 Barre with Tammy  Studio A. Kenner
1:00 Pilates with Melissa  Keeler
1:00 Indoor Cycling with Nate  Indoor Cycling Studio
1:30 Yoga with Jill  Keeler
1:30 Strength with Randy  Studio A. Kenner
2:00 Balance, Strength & Flexibility with Nate  Studio A. Kenner
2:00 Yoga with Jill  Keeler
2:30 Core & Flexibility with Nate  Studio A. Kenner
2:30 Zumba with Tammy  Keeler
3:00 Fitness Fusion with Nate  Studio A. Kenner
3:00 305 Fitness with Jasmine  Keeler
3:30 Yoga 101 with Nate  Keeler
3:30 Boot Camp with Chelsea  Studio A. Kenner

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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