## Group X Schedule Fall Mini 1 August 26th thru October 18th

Free for all CMU students, faculty and staff. Please check in at the fitness desk for receipt before going to the studios.

### Monday
- **Boot Camp w/ Shani**
  - 7:30 am - 8:15 am
  - Studio A. Kenner
- **Yoga w/ Liza**
  - 7:30 am - 8:30 am
  - Keeler Studio
- **HIIT w/ Randy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Pilates w/ Kristy**
  - 11:30 am - 12:15 pm
  - Keeler Studio
- **Yoga w/ Julie**
  - 12:30 pm - 1:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Randy**
  - 12:30 pm - 1:15 pm
  - Indoor Cycling Studio
- **305 Fitness w/ Jasmine**
  - 4:30 pm - 5:30 pm
  - Keeler Studio
- **Plyometrics w/ Willie**
  - 5:00 pm - 6:00 pm
  - Studio A. Kenner
- **Zumba w/ Michelle**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Joao**
  - 5:30 pm - 6:15 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
- **Boot Camp w/ Randy**
  - 7:00 pm - 7:45 pm
  - Studio A. Kenner

### Tuesday
- **Boot Camp w/ Nate**
  - 7:00 am - 7:45 am
  - Studio A. Kenner
- **Water Aerobics w/ LaVette**
  - 8:00 am - 8:45 am
  - CUC Pool
- **Steps, Weights, & Abs w/ Melissa**
  - 11:45 am - 12:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Nate**
  - 12:30 pm - 1:15 pm
  - Indoor Cycling Studio
- **Yoga w/ Sadie**
  - 12:30 pm - 1:30 pm
  - Keeler Studio
- **Metabolic Resistance Training w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Yoga w/ Sadie**
  - 4:30 pm - 5:30 pm
  - Studio A. Kenner
- **Boot Camp w/ Randy**
  - 5:00 pm - 5:45 pm
  - Studio A. Kenner
- **Pilates w/ Lexi**
  - 6:30 pm - 7:15 pm
  - Keeler Studio
- **Barre w/ Rebecca**
  - 7:15 pm - 8:00 pm
  - Studio A. Kenner

### Wednesday
- **Boot Camp w/ Shani**
  - 7:30 am - 8:15 am
  - Studio A. Kenner
- **HIIT w/ Kristy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Zumba w/ Arushi**
  - 11:30 am - 12:15 pm
  - Keeler Studio
- **Yoga w/ Joao**
  - 1:30 pm - 2:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Joao**
  - 12:30 pm - 1:30 pm
  - Keeler Studio
- **Cardio, Strength & Flexibility w/ Randy**
  - 12:30 pm - 1:15 pm
  - Studio A. Kenner
- **Jazz w/ Bekah**
  - 4:30 pm - 5:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Joao**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Dabney**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Zumba w/ Christine**
  - 6:00 pm - 7:00 pm
  - Keeler Studio

### Thursday
- **Water Aerobics w/ LaVette**
  - 8:00 am - 8:45 am
  - CUC Pool
- **Pilates w/ Melissa**
  - 11:45 am - 12:30 pm
  - Keeler Studio
- **Barre w/ Tammy**
  - 12:00 pm - 12:45 pm
  - Studio A. Kenner
- **Yoga w/ Sadie**
  - 3:00 pm - 4:00 pm
  - Keeler Studio
- **Tai Chi w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Indoor Cycling w/ Joao**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Arushi**
  - 5:30 pm - 6:30 pm
  - Studio A. Kenner
- **Boot Camp w/ Karen**
  - 5:30 pm - 6:30 pm
  - Studio A. Kenner
- **Yoga w/ Jul**
  - 5:30 pm - 6:30 pm
  - Keeler Studio

### Friday
- **Kettlebell w/ Kristy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Indoor Cycling w/ Amy**
  - 10:00 am - 10:45 am
  - Indoor Cycling Studio
- **Yoga w/ Lish**
  - 11:00 am - 12:00 pm
  - Keeler Studio
- **Yoga w/ Jill**
  - 11:30 am - 12:30 pm
  - Keeler Studio
- **Zumba w/ Katie**
  - 12:00 pm - 1:00 pm
  - Keeler Studio

### Saturday
- **Indoor Cycling w/ Amy**
  - 10:00 am - 10:45 am
  - Indoor Cycling Studio
- **Yoga w/ Lish**
  - 11:00 am - 12:00 pm
  - Keeler Studio
- **Zumba w/ Katie**
  - 12:00 pm - 1:00 pm
  - Keeler Studio

### Sunday
- **Zumba w/ Emily**
  - 5:00 pm - 6:00 pm
  - Keeler Studio
- **Indoor Cycling w/ Amy**
  - 6:00 pm - 6:45 pm
  - Indoor Cycling Studio
- **Yoga w/ Jill**
  - 6:00 pm - 7:00 pm
  - Keeler Studio
- **Zumba w/ Tammy**
  - 12:30 pm - 1:15 pm
  - Studio A. Kenner
- **Zumba w/ Tammy**
  - 5:00 pm - 6:00 pm
  - Keeler Studio
- **Yoga w/ Joao**
  - 5:30 pm - 6:30 pm
  - Indoor Cycling Studio
- **Indoor Cycling w/ Amy**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Yoga w/ Sadie**
  - 4:30 pm - 5:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Joao**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Arushi**
  - 5:30 pm - 6:30 pm
  - Studio A. Kenner
- **Yoga w/ Joao**
  - 5:30 pm - 6:45 pm
  - Keeler Studio
- **Indoor Cycling w/ Amy**
  - 6:00 pm - 6:45 pm
  - Indoor Cycling Studio
- **Yoga w/ Jill**
  - 6:00 pm - 7:00 pm
  - Keeler Studio

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

Please scroll down to view Tepper Fitness Center Class Schedule
# Tepper Group X Schedule Fall Mini 1 August 26th thru October 18th

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Yoga w/ Jill</strong></td>
<td><strong>Yoga w/ Liza</strong></td>
<td><strong>Yoga w/ Hannah</strong></td>
<td><strong>Core &amp; Cardio w/ Nate</strong></td>
<td><strong>Yoga w/ Phoebe</strong></td>
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<tr>
<td>12:00 pm - 1:00 pm Noll Studio</td>
<td>11:30 am - 12:30 pm Noll Studio</td>
<td>8:00 am - 9:00 am Noll Studio</td>
<td>12:30 pm - 1:15 pm Noll Studio</td>
<td>12:00 pm - 1:00 pm Noll Studio</td>
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<td><strong>HIIT w/ Chelsea</strong></td>
<td><strong>Barre w/ Tammy</strong></td>
<td><strong>Yoga w/ Sadie</strong></td>
<td><strong>Boot Camp w/ Chelsea</strong></td>
<td><strong>Yoga w/ Jul</strong></td>
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<td>4:30 pm - 5:15 pm Noll Studio</td>
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<td><strong>Balance, Strength &amp; Flexibility w/ Nate</strong></td>
<td><strong>Boot Camp w/ Lexi</strong></td>
<td><strong>Yoga 101 w/ Nate</strong></td>
<td><strong>Pilates w/ Dolores</strong></td>
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<td>5:15 pm - 6:00 pm Noll Studio</td>
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<tr>
<td><strong>Hip Hop w/ Alison</strong></td>
<td><strong>Yoga w/ Carol</strong></td>
<td><strong>Fitness Fusion w/ Nate</strong></td>
<td><strong>Soca Fusion w/ Dolores</strong></td>
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<td>6:00 pm - 6:45 pm Noll Studio</td>
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<tr>
<td><strong>Barre w/ Tammy</strong></td>
<td><strong>305 Fitness w/ Jasmine</strong></td>
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- **Strength**
- **Yoga, Pilates, Barre**
- **Dance**
- **Cardio**

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