

GROUP FITNESS

SIGN IN AT THE FRONT DESK MUST HAVE VALID STUDENT ID (BUC CARD)

Monday	Tuesday	Wednesday	Thursday
<p><u>Vinyasa Yoga</u> 5:00pm-6:00pm</p> <p>This class looks to take participants through a practice of flow and breath. It focuses on breathing technique while taking you through a series of poses.</p>	<p><u>Dance Fusion</u> 5:00pm-6:00pm</p> <p>This dance inspired class uses techniques from all dance styles to create a full body workout.</p>	<p><u>Bootcamp</u> 5pm-5:45 PM</p> <p>This circuit style class looks to challenge you both in strength and cardiovascular work.</p>	<p><u>Restorative Yoga</u> 5:00pm-6:00pm</p> <p>This yoga class looks to slow down the body through stretching and meditation</p>
Hospitality Suite	Hospitality Suite	Hospitality Suite	J 117/118

This schedule is subject to change due to special events. Visit the FSW Fitness Center front desk for any questions.



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