

# Spring 2018 Fit Plus Schedule (Faculty & Staff Only)

January 22 - May 23

## MONDAY

BH 6 12:10-1PM  
**Hatha Flow Yoga**  
Peter

GYM 149 12:10-1PM  
**Functional Yoga**  
Elsa

GYM POOL 12-1PM  
**Swimming**  
**Open Session**  
Brandon

GYM 147 12:10-1PM  
**Total Body Fit**  
Michael

GYM 148 12:10-1PM  
**Strength**  
**& Conditioning**  
**Open Session**  
Will

## TUESDAY

BH 6 12:10-1PM  
**Kripalu Yoga**  
Jacalyn

GYM 149 12:10-1PM  
**Hatha Flow Yoga**  
Peter

GYM 147 12:10-1PM  
**Total Body Fit**  
Michael

GYM 148 12:10-1PM  
**Strength**  
**& Conditioning**  
**Open Session**  
Will

## WEDNESDAY

BH 6 12:10-1PM  
**Gentle Flow with**  
**Restorative**  
Peter

GYM 149 12:10-1PM  
**Pilates**  
Michele

GYM POOL 12-1PM  
**Swimming**  
**Open Session**  
Brandon

GYM 123 12:10-1PM  
**Total Body Fit**  
Michael

GYM 148 12:10-1PM  
**Strength**  
**& Conditioning**  
**Open Session**  
Will

## THURSDAY

BH 6 12:10-1PM  
**Kripalu Yoga**  
Jacalyn

GYM 147 12:10-1PM  
**Total Body Fit**  
Michael

GYM 148 12:10-1PM  
**Strength**  
**& Conditioning**  
**Open Session**  
Will

## FRIDAY

BH 6 12:10-1PM  
**Restore Yoga**  
Michele

GYM POOL 12:10-1PM  
**Swimming**  
**Open Session**  
Brandon

GYM 147 12:10-1PM  
**Total Body Fit**  
Michael

GYM 148 12:10-1PM  
**Strength**  
**& Conditioning**  
**Open Session**  
Will

