## 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 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

### 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 147 12:10-1PM
  - Strength & Conditioning
  - Open Session
  - Will
- GYM 123 12:10-1PM
  - Total Body Fit
  - Michael

### Thursday
- BH 6 12:10-1PM
  - Kripalu Yoga
  - Jacalyn
- GYM 147 12:10-1PM
  - Total Body Fit
  - Michael
- GYM POOL 12-1PM
  - Swimming
  - Open Session
  - Brandon
- GYM 148 12:10-1PM
  - Strength & Conditioning
  - Open Session
  - Will

### Friday
- BH 6 12:10-1PM
  - Restore Yoga
  - Michele
- 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