

Spring 2018 Fit Plus Schedule (Faculty & Staff Only)

January 8th - January 19th

MONDAY

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

GYM 149 12:10-1PM
Vinyasa Yoga
Elsa

GYM 147 12:10-1PM
Aerobics & Conditioning
Michael

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

TUESDAY

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

GYM 147 12:10-1PM
Aerobics & Conditioning
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
Core
Michelle

GYM 123 12:10-1PM
Aerobics & Conditioning
Michael

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

THURSDAY

GYM 147 12:10-1PM
Aerobics & Conditioning
Michael

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

FRIDAY

BH 6 12:10-1PM
Restore Yoga
Michelle

GYM 147 12:10-1PM
Aerobics & Conditioning
Michael

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

