Below is the most up-to-date schedule for the 2021 Spring semester. For more information (i.e. class descriptions, zoom links, etc.) visit the Fit Plus iLearn Page, and be sure to take a look at daily e-mail reminders sent from our Fit Plus Interns!

### MONDAY
- 9:00AM Core and Flexibility
- 12:10PM Break A Sweat
- 5:00PM Bootcamp ($)

### TUESDAY
- 12:10PM Strength Training
- 1:00PM Yoga 101
- 5:30PM Feel The Burn

### WEDNESDAY
- 9:30AM Postural Reset
- 12:10PM Barr-Lates
- 5:00PM Bootcamp ($)

### THURSDAY
- 12:10PM Strength Training
- 1:00PM Yoga 101
- 5:30PM Feel The Burn

### FRIDAY
- 9:00AM Core and Flexibility
- 12:10PM Break A Sweat
- 3:00PM Postural Reset

### NEW CLASSES
This semester we are introducing new classes taught by our very own Fit Plus Interns! Join in and support your Fit Plus Trainer Team.

### ILEARN
Class Links and Descriptions are posted on the Fit Plus iLearn Page.

Daily e-mail reminders are sent out everyday, as well, listing the classes for the day and new daily health and wellness content!