

Spring Group Fitness Schedule

Session dates: Monday, Jan. 6-Friday, April 17

No classes or abbreviated schedule dates:

Jan. 20 (MLK day), Feb. 28-March 8 (spring break), April 12 (Easter Sunday)

Final exam week schedule will be available for April 19-25.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	*Deep Aqua 12:05-12:55 p.m. Aleashia	*Shallow Aqua 12:05-12:55 p.m. Aleashia	*Deep Aqua 12:05-12:55 p.m. Melissa	*Shallow Aqua 12:05-12:55 p.m. Bri B.	
	Yoga 12:10-12:55 p.m. Taylor	Tighten and Tone 12:10-12:55 p.m. Lindsey	Yoga 12:10-12:55 p.m. Taylor	Yoga 12:10-12:55 p.m. Rebecca	CycleFit 12:10-12:55 p.m. Kennedy
	Zumba® 5:30-6:15 p.m. Maddy	CycleFit 5:15-6 p.m. Beth	Yoga 5:15-6:15 p.m. Emma D.	Butts & Guts 5:30-6:30 p.m. Brie B.	
Kick & Tone 5:15-6:15 p.m. Molly	Full Body Strength 6:30-7:30 p.m. Bri B./Brody	Barre™ 5:30-6:30 p.m. Taylor	CycleFit 5:30-6:30 p.m. Kennedy	CycleFit 6:30-7:30 p.m. Lindsey	
Zumba® 6:30-7:30 p.m. Emma W.	CycleFit 7:15-8:15 p.m. Taylor	Hip Hop Fit 6:45-7:45 p.m. Aleashia	Zumba® 6:30-7:15 p.m. Maddy	Yoga 6:45-7:45 p.m. Kylie	
Yoga 7:45-8:45 p.m. Rebecca	Butts & Guts 7:45-8:45 p.m. Paige	Yoga 8-9 p.m. Taylor	Butts & Guts 7:30-8:30 p.m. Paige	Dance Fusion 8-9 p.m. Amanda	

Revised 1/3/20

Class schedule is subject to change depending on SRC building hours.

*All Aqua classes will be held at Gabel Natatorium.



Fitness Class Pass Prices

Single class pass-\$3

Group Fitness semester pass-\$35

Unlimited Fitness pass-\$99

(Includes Group Fitness & F45)

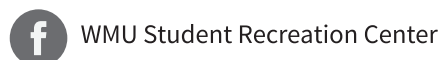
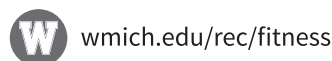
Western Wellness Prices

Single class pass-\$3

Group Fitness semester pass-\$25

Unlimited Fitness pass-\$84

(Includes Group Fitness & F45)



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