

GIT FIT August Shutdown Classes, July 31 – August 4

Located in room 249

FREE for all members!

Must have CRC access and Buzzcard for entry

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---------------------------------|-------------------------------------|---------------------------------|-------------------------------------|---------------------------|
| 6:45 - 7:30 am | Indoor Cycling Eric L | Yoga Flow Will | Indoor Cycling Eric L | | Yoga Flow Will |
| 12:00 - 12:45 pm | Lift Saidah | Tabata Kickboxing Larissa | Boot Camp Becky | Bodyweight Blast Larissa | Boot Camp Becky |
| 5:15 - 6:00 pm | Yoga Flow Will | | Yoga Flow Will | | |
| 5:30 - 6:15 pm | | Bodyweight Blast Larissa | | Tabata Kickboxing Larissa | |
| 6:00 - 6:45 pm | Lift Saidah | | Core and More Saidah | | |

4 minutes of 20:10 high intensity intervals to add variety to your cardio training

Tabata Kickboxing

Bodyweight Blast

A mix of cardio and muscular conditioning using only bodyweight

Get in some cardio with climbs, sprints, and flats!

Indoor Cycling

Bootcamp

The ultimate, total-body conditioning interval class!

Functional strength training with proper form and an appropriate weight

Lift

Core and More

Incorporates intervals focusing on core strength and stability

Focusing on yoga poses and breath-control to achieve greater strength, flexibility, balance, and body-awareness.

Yoga Flow

Group Fitness Class Key

Cardio

Toning

Cycle

Mind/Body

Cardio & Toning