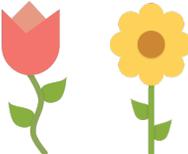


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Weights & Stretch 12:00-12:50p Ian (Warner 134B) | H2O Fitness 12:30-1:20p Kristi (Club Pool) | Weights & Stretch 12:00-12:50p Ian (Warner 134B) | H2O Fitness 12:30-1:20p Kristi (Club Pool) | Spinning 12:00-12:50p Grace (Warner 132B) |
| Spinning 5:30-6:20p Grace (Warner 132B) | Butts & Guts 5:30-6:20p Landis (Warner 134B) | Spinning 5:30-6:20p Grace (Warner 132B) | Butts & Guts 5:30-6:20p Landis (Warner 134B) | Classes will be held May 6-June 14 No classes 5/27 Note: Registration is required. Rec/IM Membership or valid Eagle One card is required to access classes. |
|  | 20/20/20 6:30-7:20p Eric (Warner 134B) |  | 20/20/20 6:30-7:20p Eric (Warner 134B) | |

Class Descriptions:

Butts & Guts (Warner 134B): This class is dedicated to exercises that focus on increasing strength and mobility of the “butt and gut”. Strong glutes power your body through movement and are key if you want to be healthier, stronger, faster, or more explosive. Abs are integral for ideal posture and balance.

H2O Fitness (Club Pool): Enjoy an efficient workout in our Club Pool with minimal impact on your joints and bones. This class is a whole body workout utilizing H2O equipment in deep and shallow environments.

Spinning (Warner 132B): This class offers an intense cardio blast on the bikes simulating a real-life road course up and down hills, and through speed intervals! You will incorporate targeted movements to gain strength and tone your body. This high intensity class will improve cardiorespiratory endurance and increase caloric expenditure.

Weights & Stretch (Warner 134B): This is a class designed to offer a comprehensive and challenging workout for novice to advanced participants. The focus is on taking participants through a hybrid training session improving functional movement (seven basic human movements) while incorporating fun and active dynamic movements, static stretching and breathing exercises to create a more balanced approach to health.

20/20/20 (Warner 134B): This class focuses on several aspects of fitness. The format is 20 minutes of cardio, 20 minutes of weightlifting, and 20 minutes of stretching. This is a class designed to provide participants with a constantly changing intensity and will allow you to burn calories while making sure that your weight lifting and mobility goals are reached.