



GROUP X

Spring 2024 Group Exercise Class Schedule

Schedule runs 1/16 – 5/3, break schedules will be released for spring break, easter break, and finals week. FREE WEEK: 1/16 – 1/22.

■ : STUDIO 1 ■ : STUDIO 2 ■ : REID POOL

Day	Time	Class	Instructor
MONDAYS	12:10-12:50 PM	CYCLE	RILEE
	3:15-3:45 PM	ABS & GLUTES	TROY
	4:00-4:45 PM	BARRE	NOEL
	5:15-6:00 PM	CARDIO DANCE	ISABELLE
	5:30-6:30 PM	YOGA	DANIE
	6:30-7:15 PM	CYCLE	DEASIA
TUESDAYS	7:00-7:45 AM	SUNRISE CYCLE	SKYLER
	12:10-12:50 PM	CARDIO DANCE	SARAH
	4:00-5:00 PM	YOGA	BEN & KATE
	4:15-5:00 PM	CYCLE	ANYA
	5:15-6:00 PM	STEP	ISABELLE
	5:15-6:00 PM	KICKBOXING CONDITIONING	T
	5:30-6:15 PM	AQUA ZUMBA	SLOAN
	6:30-7:15 PM	CARDIO DANCE	ALYCIA
WEDNESDAYS	12:10-12:50 PM	STEP 	HOLLY
	3:00-3:30 PM	ABS & GLUTES	DEASIA
	4:00-4:45 PM	STEP	ALYCIA & NOEL
	4:00-4:45 PM	CATAMOUNT FIT	ASHLEY
	5:30-6:15 PM	TRAUMA-INFORMED YOGA *	RILEE
	6:30-7:15 PM	CYCLE	DANIE
	7:25-7:55 PM	RECOVERY	TROY
THURSDAYS	12:10-12:50 PM	YOGA 	KATE
	4:15-5:00 PM	CYCLE	SKYLER
	5:10-5:40 PM	RECOVERY	DANIE & TROY
	5:00-6:00 PM	POWER YOGA	ISA
	5:30-6:15 PM	AQUA FIT	CONSTANTINE
	6:15-7:00 PM	CARDIO DANCE	SARAH
FRIDAYS	12:10-12:50 PM	KICKBOXING CONDITIONING	GRACE
	3:00-3:45 PM	CYCLE	DEASIA

PURCHASE YOUR GROUP X PASS TODAY FOR \$20 AT MYREC.WCU.EDU OR AT THE CRC FRONT DESK.

Group X classes are open to anyone with a current Group Exercise Membership, which is \$20 for the Spring semester. To be eligible to purchase a Group Exercise Membership, you must be a current WCU student or Campus Recreation Center Member.

 : WCU Employees may attend these Whee for Life Employee Wellness classes without having a Group Exercise Membership or CRC Membership.

* : Trauma-Informed Yoga is **FREE** to students & CRC members; Group X Pass not required.