



GROUP X

Group Exercise Class Schedule


Reduced schedules over Spring Break, Easter Break, and Finals Week

SPRING 2023

FREE WEEK: Tues., 1/17 – Mon., 1/23
Schedule begins 1/17

Monday	Tuesday	Wednesday	Thursday	Friday
		TRAUMA-INFORMED YOGA ★ 9:00-9:45am Amy & Libby	STRENGTH BLAST 11:00-11:30am DeAsia	
PIYO  12:10-12:50pm Holly	STRENGTH BLAST 12:10-12:50pm DeAsia	STEP  12:10-12:50pm Holly	CYCLE 12:10-12:50pm Ashley	YOGA 12:10-12:50pm Rilee
YOGA 2:30-3:30pm Avery	YOGA 2:30-3:30pm Ben	STRENGTH BLAST 3:00-3:30pm Noel		STRENGTH BLAST 2:00-2:30pm Noel
CARDIO DANCE 4:00-4:45pm Emily & Isabelle	STRENGTH BLAST 4:00-4:30pm Daniella	CATAMOUNT FIT 4:00-4:45pm Emily	YOGA 4:00-5:00pm Skylar	
STRENGTH BLAST 4:30-5:00pm Corbin	RECOVERY 4:30-5:00pm Daniella	CYCLE 4:00-4:45pm Rilee		
BARRE 5:00-5:45pm Maddi				
AQUA ZUMBA 5:30-6:15pm Sloan	AQUA FIT 5:30-6:15pm Sydney	AQUA FIT 5:30-6:15pm Ashley	AQUA FIT 5:30-6:15pm Isabelle	
YOGA 6:00-7:00pm Libby	YOGA 5:30-6:30pm Rilee	YOGA 5:30-6:30pm Joey		
CYCLE 6:00-6:45pm Ashley	CYCLE 5:30-6:15pm Anya		CYCLE 5:30-6:15pm Anya	
		CARDIO DANCE 6:30-7:15pm Alycia	RECOVERY 6:30-7:00pm Daniella	

 : Studio 1*
 : Studio 2*
 : Reid Pool*
 * : Must purchase a Group X pass to attend classes

 : **Whee for Life Employee Wellness**
 WCU Employees may attend these classes without being a Group X Pass Holder.

★ : Free to all CRC members, Group X pass not required

Always consult your physician before beginning any exercise program. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness, chest pain or pressure, nausea, or shortness of breath, stop immediately. Consult with your healthcare professional to design an appropriate exercise prescription tailored to your needs.