# Campus Rec Fitness & Wellness

## Group Exercise Schedule

### Weeks Dec 11-21

**Join us for FUN, STRESS-FREE Group Exercise Classes**

### Monday, December 11 (MON 12/11)
- **8:00 - 8:45am**
  - SPIN®
- **12:15 - 1:00pm**
  - SPIN®
- **12:15 - 1:00pm**
  - PILATES
- **12:15 - 1:00pm**
  - STRONG®
- **4:30 - 5:15pm**
  - BODY PUMP™
- **5:00 - 5:45pm**
  - CARDIO AB FUSION
- **5:30 - 6:15pm**
  - GO WITH THE FLOW
- **6:00 - 6:45pm**
  - ZUMBA®
- **6:30 - 7:15pm**
  - SPIN®
- **7:00 - 7:45pm**
  - ZUMBA®

### Tuesday, December 12 (TUES 12/12)
- **8:15 - 9:00am**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - PILATES
- **4:00 - 4:45pm**
  - POUND®
- **5:00 - 5:45pm**
  - SPIN®
- **6:30 - 7:15pm**
  - ZUMBA®

### Wednesday, December 13 (WED 12/13)
- **12:15 - 1:00pm**
  - BODY PUMP™
- **3:30 - 4:15pm**
  - YOGA
- **4:30 - 5:15pm**
  - BODY PUMP™
- **5:00 - 5:45pm**
  - BODY PUMP™
- **7:00 - 7:45pm**
  - ZUMBA®

### Thursday, December 14 (THURS 12/14)
- **8:15 - 9:00am**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - YOGA
- **5:00 - 5:45pm**
  - BODY PUMP™

### Friday, December 15 (FRI 12/15)
- **8:15 - 9:00am**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - YOGA

### Saturday, December 16 (SAT 12/16)
- **10:00 - 11:00am**
  - BODY PUMP™
- **12:15 - 1:00pm**
  - BODY PUMP™

### Sunday, December 17 (SUN 12/17)
- **6:00 - 7:00pm**
  - BODY PUMP™
- **7:00 - 7:30pm**
  - MEDITATION

### Monday, December 18 (MON 12/18)
- **12:15 - 1:00pm**
  - PILATES
- **5:00 - 5:45pm**
  - ZUMBA®
- **6:00 - 6:45pm**
  - BODY PUMP™

### Tuesday, December 19 (TUES 12/19)
- **12:15 - 1:00pm**
  - PILATES
- **5:00 - 5:45pm**
  - MEDITATION
- **6:00 - 6:45pm**
  - BODY PUMP™

### Wednesday, December 20 (WED 12/20)
- **12:15 - 1:00pm**
  - YOGA
- **5:00 - 5:45pm**
  - BODY PUMP™
- **6:00 - 6:45pm**
  - YOGA

### Thursday, December 21 (THURS 12/21)
- **12:15 - 1:00pm**
  - YOGA
- **5:00 - 5:45pm**
  - BODY PUMP™

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**Class Registration is Easy!**

1. **Sign Up** [IMLeagues.com](http://IMLeagues.com)
   - Or download the IMLeagues app

2. **Check In**
   - Prior to class at Anna Fascitelli Fitness Attendant Station or Tootell Studio.
   - Registration opens 24 hours prior to class.

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All Classes at Anna Fascitelli Fitness & Wellness Center

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Anna Fascitelli Welcome Center 401.874.2000
Mackal-Tootell Rec Service Center 401.874.5926

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# Stress Less

JOIN US FOR FUN, STRESS-FREE GROUP EXERCISE CLASSES!