## **CAMPUS RECREATION CENTER**

# GROUP FITNESS SCHEDULE

#### **SPRING 2025 | JANUARY 13 - APRIL 25**

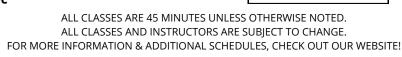
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4PM Pilates Kelly H.	7:30AM Pilates Grace	6:30AM Sunrise Cycle Express Ayana	6:30AM Sunrise Cycle Express Davoren	6:30AM Sunrise Cycle Express Lili	7AM Cycle Express Ayana	9AM Cycle Ayana	
5PM Dance Fusion Tonia	8AM HIIT & Core Express Hannah R.	7AM Power Yoga Leah	7:30AM Pilates Elizabeth	7AM Pilates Maile	7AM Yoga Flow Lydia	10AM Yoga Flow Ayana	
5:30PM Gentle Yoga Maile	8AM Cycle Express Hannah T.	12PM Pilates Grace	8AM Cycle Express Hannah T.	8AM Yard Work (1hr) Alex & Maria	8AM HIIT & Core Express Elizabeth		
6PM Cycle Davoren	12PM Cycle Express Finley	3PM Cycle Lizzy	12PM Cycle Anna	3PM Power Barre Grace	11AM Yoga Flow Cadence		
	4PM Barre Autumn	5PM Cycle Finley	4PM HIIT & Core Express Hannah R.	4PM Cycle Lizzy	12PM Cycle Finley		
	5PM Just Dance Cadence	5PM Full Body Strength Kelly H.	5PM BXR Maria	5PM Pilates Grace	5PM Pilates Brian		
	5:30PM BXR Alex	5:30PM Zumba Kelly K.	5PM Cycle Express Maddi	5:30PM Cycle Finley	5:30PM Full Body Strength Hannah R.		
	5:30PM Aqua Groove Liam	6PM Power Yoga Maile	5:30PM Pilates Brian	5:30PM Yoga Flow Lydia			
	6PM Cycle Lili	6PM Cycle Katie	6PM Cycle Lindsey	6PM Just Dance Cadence			
	6PM Pilates Elizabeth	6:30PM Pilates Ella	6PM Shallow Water Power Liam	6:30PM HIIT & Core Express Kelly H.	Pod	Pool MPR A	
	6:30PM RIPPED Lenecia	7PM Cycle Ayana	6PM Full Body Strength Hannah S.	7PM Zumba Lenecia	MPR		
	7PM Cycle Cassidy	7PM Yard Work (1hr) Alex & Maria	6:30PM Yoga Flow Leah	7PM Cycle Katie	MPR B		
	7PM Yoga Flow Lydia	7:30PM Turn Up Dance Bianca	7PM Cycle Lindsey	7:30PM Pilates Ella			
	7:30PM Dance Fusion Tonia		7PM Pilates Ayana		CYCLE STUDIO		
	8PM Cycle Katie		7:30PM Turn Up Dance Bianca		The Y	The Yard	





University of CINCINNATI CAMPUS RECREATION









### FITNESS CENTER @ CARE CRAWLEY

# GROUP FITNESS SCHEDULE

#### **SPRING 2025 | JANUARY 13 - APRIL 25**

**Monday** 

5PM Pilates Grace

6PM Cycle Ayana

Wednesday

6PM Zumba Kelly K **Tuesday** 

5:30PM HIIT & Core Express Hannah S.

7PM Yoga Flow Lydia

**Thursday** 

7PM Pilates Ayana

# DOWNLOAD THE APP TO REGISTER!







