REC SPORTS FITNESS – FALL 2026

GROUP FITNESS CLASSES

Download the Rec Sports App or scan the QR code for class descriptions and to register for classes.

SUN	MON	TUE	WED	THU	FRI	SAT
	Cycle 45 6:30-7:15a SB | Zoe		**Pilates Sculpt** 6:30-7:15a SA | Aspen		**Cycle 45** 6:30-7:15a SB | Zoe	
	Yoga Fund. 11:00a-12:00p SB | Haley	**Yoga Fund.** 12:00-1:00p SB | Jeamy	**Yoga Fund.** 12:00-1:00p SA | Cesar	**Yoga Int.** 12:00-1:00p SB | Haley	**Yoga Rest.** 11:00-12:00p SB | Jordan	
	Glutes & Guts 12:15-1:00p SA | Natalie	**Arms & Abs** 12:15-1:00p SA | Natalie	**Cycle 30** 12:15-12:45p SB | Wendy		**Full Body Fri.** 12:15-1:00p SA | Michael	
	Yoga Rest. 4:00-5:00p SA | Katelyn	**Hybrid Hour** 3:00-4:00p SB | Michael	**HardCore** 12:50-1:00p SB | Wendy			
	Int. Training 5:30-6:15p SB | Antwan	**Yoga Int.** 4:00-5:00p SA | Jordan				
	Zumba 5:30-6:15p SA | Khadijah	**Circuit Blast.** 5:30-6:15p SB | Michael	**Zumba** 5:30-6:15p SA | Khadijah	**Yoga Fund.** 4:30-5:30p SB | Haley		
	Pilates Sculpt 6:30-7:15p SA | Aspen	**Pilates Fund.** 5:30-6:15p SA | Indya	***Expl. Strength** 5:30-6:15p SB | Michael	**Pilates Sculpt** 5:30-6:15p SA | Indya	**Int. Training** 5:30-6:15p SB | Antwan	
		Yoga Rest. 7:00-8:10p SA | Paulette	**Pilates Fund** 6:30-7:15p SA | Aspen	**Yoga Rest.** 7:00-8:10p SA | Paulette		

KEY

- Strength
- Mind/Body
- Strength + Cardio
- Cardio

This class includes explicit lyrics and language

ALL FREE!

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