## Group Fitness Class Schedule Finals 2017

**CLASSES ARE FREE FOR W&M COMMUNITY!**

Apr. 28—May 10

<table>
<thead>
<tr>
<th>FRIDAY 4/28</th>
<th>SATURDAY 4/29</th>
<th>SUNDAY 4/30</th>
<th>MONDAY 5/1</th>
<th>TUESDAY 5/2</th>
<th>WEDNESDAY 5/3</th>
</tr>
</thead>
</table>
| **Body Pump** (GFS)  
7:00-8:00am  
Doug & Terry | | | *Body Pump** (GFS)  
7:15-8:15am  
Leslie & Terry F. | Yoga (GFS)  
7:15-8:05am  
Anna | *Body Pump** (GFS)  
7:15-8:15am  
Elizabeth M. |
| **YoSpin** (MPS)  
8:15-9:15am  
Matt | Yoga (GFS)  
10:15-11:15am  
Taylor & Gail | | Spinning (MPS)  
7:30-8:20am  
Emily C. | Spinning (MPS)  
7:45-8:35am  
Melanie A. | Spinning (MPS)  
7:30-8:20am  
Rachel D. |
| Body Combat (GFS)  
11:30am-12:30pm  
Sam & Jesse | Body Pump (GFS)  
12:00-12:50pm  
Beth & Ellie | Body Pump (GFS)  
12:00-12:50pm  
Lindsay H. | Body Pump (GFS)  
12:00-12:50pm  
Beth B. | |
| **Cardio Dance** (GFS)  
3:15-4:05pm  
Eleonor & Hailey | Spinning (MPS)  
2:30-3:30pm  
Molly | Spinning (MPS)  
3:30-4:20pm  
Emily W. | Spinning (MPS)  
3:30-4:20pm  
Lindsay |
| **Barre** (MPS)  
3:30-4:30pm  
Maddie | Barre (GFS)  
3:00-4:00pm  
Julia & Maddie | Yoga II (GFS)  
4:15-5:15pm  
Cindy | Body Combat (GFS)  
4:00-5:00pm  
Melanie & Sam | TRX Circuit (MPS)  
4:30-5:30pm  
Lizzie |
| **Yoga** (GFS)  
4:15-5:15pm  
Alex | Cardio Dance (GFS)  
4:15-5:15pm  
Courtney & Lindsay | Pilates (MPS)  
5:30-6:20pm  
Eleonor | Pilates (MPS)  
4:30-5:30pm  
Rachel | Body Pump (GFS)  
5:15-6:15pm  
Doug & Terry |
| **Core to Floor** (GFS)  
5:30-6:30pm  
Sam | Yoga (75 min) (GFS)  
5:30-6:45pm  
Mary | Body Pump (GFS)  
5:30-6:30pm  
Elizabeth | Barre (GFS)  
5:15-6:15pm  
Julia | Spin-Core (MPS)  
5:45-6:45pm  
Lizzie & Lindsay |
| | | | Body Combat (GFS)  
6:45-7:45pm  
Justine & Jesse | Barre HIIT (GFS)  
6:30-7:30pm  
Molly |
| | | | | Cardio Dance (GFS)  
8:00-8:50pm  
Rhea | Restorative Yoga (GFS)  
7:45-8:45pm  
Justine |
| | | | | | Candlelight Yoga (GFS)  
7:45-8:45pm  
Mary |
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<thead>
<tr>
<th>THURS 5/4</th>
<th>FRIDAY 5/5</th>
<th>SATURDAY 5/6</th>
<th>SUNDAY 5/7</th>
<th>MONDAY 5/8</th>
<th>TUESDAY 5/9</th>
<th>WED 5/10</th>
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<tbody>
<tr>
<td>Yoga (GFS) 7:15-8:05am Anna</td>
<td>*Body Pump (GFS) 7:15-8:15am Doug &amp; Terry F.</td>
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<td></td>
<td>*Body Pump (GFS) 7:15-8:15am Terry &amp; Doug</td>
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<td>*Body Pump (GFS) 7:15-8:15am Andy &amp; Elizabeth</td>
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<tr>
<td>Spinning (MPS) 7:45-8:35am Lindsay</td>
<td>YoSpin (GFS) 8:15-9:15am Matt A.</td>
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<td>Spinning (MPS) 7:15-8:05am Emily C.</td>
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<td>Pilates (GFS) 8:15-9:05am Maddie</td>
<td></td>
<td>Yoga (GFS) 10:15-11:15am Taylor</td>
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<td>Yoga (GFS) 8:30-9:30am Matt</td>
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<td></td>
<td></td>
<td>Body Combat (GFS) 11:30-12:30pm Jesse</td>
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<tr>
<td>Yoga (GFS) 12:00-12:50pm Lindsay H.</td>
<td>Body Pump (GFS) 12:00-1:00pm Beth</td>
<td>Body Pump (GFS) 12:45-1:45pm Andy &amp; Indi</td>
<td>Body Pump (GFS) 12:00-12:50pm Beth B.</td>
<td>Yoga (GFS)</td>
<td>Body Pump (GFS) 12:00-12:50pm Beth &amp; Ellie</td>
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<td></td>
<td>Cardio Dance (GFS) 3:15-4:05pm Hailey &amp; Eleanor</td>
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<td>Spinning (MPS) 3:30-4:20pm Emily C.</td>
<td></td>
<td>Spinning (MPS) 3:30-4:20pm Emily C. &amp; Lindsay</td>
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<td></td>
<td>Body Pump (GFS) 4:00-5:00pm Jessie &amp; Lizzie</td>
<td>Barre-Spin (MPS) 3:30-4:30pm Molly</td>
<td>Cardio Dance (GFS) 4:15-5:15pm Courtney &amp; Lindsay</td>
<td>Yoga II (GFS) 4:30-5:30pm Cindy</td>
<td>Spinning (MPS) 4:30-5:30pm Emily W.</td>
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<td></td>
<td>Spinning (MPS) 4:30-5:20pm Emily C.</td>
<td>Yoga (GFS) 4:15-5:15pm Alex</td>
<td>Pilates (MPS) 5:15-6:05pm Eleanor</td>
<td>Barre (GFS) 4:30-5:30pm Julia</td>
<td>Body Pump (GFS) 5:30-6:30pm Doug &amp; Michaela</td>
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<td></td>
<td>Step (GFS) 5:15-6:15pm Kim V.</td>
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<td></td>
<td>Zumba (MPS) 5:45-6:45pm Andy &amp; Courtney</td>
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<td></td>
<td>Barre (GFS) 6:30-7:30pm Lindsay</td>
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<td></td>
<td>Yoga II (GFS) 7:45-8:45pm Matt</td>
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