

APRIL

GROUP FITNESS SCHEDULE

Bryan Williams, M.D. Student Center

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|----------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------|
| 1 5:30p: Running Club | 2 12:00p: Yoga Break 6:00p: Strength and Conditioning | 3 5:30p: High Intensity Strength | 4 3:30p: Yoga Break 6:00p: Strength and Conditioning | 5 |
| 8 5:30p: Running Club | 9 12:00p: Yoga Break 6:00p: Strength and Conditioning | 10 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate | 11 3:30p: Yoga Break 6:00p: Strength and Conditioning | 12 |
| 15 5:30p: Running Club | 16 12:00p: Yoga Break 6:00p: Strength and Conditioning | 17 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate | 18 3:30p: Yoga Break 6:00p: Strength and Conditioning | 19 |
| 22 5:30p: Running Club | 23 12:00p: Yoga Break 6:00p: Strength and Conditioning | 24 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate | 25 3:30p: Yoga Break 6:00p: Strength and Conditioning | 26 |
| 29 5:30p: Running Club | 30 6:00p: Strength and Conditioning | | | |
| | | | | 2024 |