

Group Exercise

Fall 2016 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	BOOT VOL 7 6-6:50am WEXER RM 216	CYCLE 45 6:30-7:15am LILLY RM 216	CYCLE 45 6:30-7:15am CHRISTINA RM 216	HIIT 6:30-7am COCO RM 218	BODYPUMP™ Express 6:30-7:15am IAN RM 218		
	BODYPUMP™ Express 6:30-7:15am NICOLE RM 218	AQUA JOG 6:30-7:30am ADREINNE POOL	BODYPUMP™ Express 6:30-7:15pm KAREN RM 218	AQUA JOG 6:30-7:30am ADREINNE POOL	CALORIE EXPLOSION 6:30-7:30am WEXER RM 216		
	PILATES 7-7:45am WEXER RM 216	FITNESS DANCE 8-8:30am WEXER RM 216	ABS OF STEEL 8-8:35am WEXER RM 216	FOAM ROLLING 7am-7:30pm COCO RM 218	ABS and BOOTY 7:30-8am WEXER RM 216		
	ABS OF STEEL 8-8:35am WEXER RM 216	MOVE 123 STRENGTH 9-9:30am WEXER RM 216	TWISTING DETOX 9-9:35am WEXER RM 216	ADRENALINE RUSH 7-7:30am WEXER RM 216	BODYTONING 8-8:45am WEXER RM 216		
	TWISTING DETOX 9-9:35am WEXER RM 216	YOGA 10-11am WEXER RM 216		FITNESS DANCE 8-8:30am WEXER RM 216	YOGA SYNERGY 9-9:45am WEXER RM 216		
	HATHA YOGA 11am-12pm MARN RM 216			MOVE 123 STRENGTH 9-9:30am WEXER RM 216			
Afternoon	BODYPUMP™ Express 12-12:45pm LAUREN RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	BODYPUMP™ Express 12-12:45pm CARA RM 218	CYCLE 45 10am-10:45am LILLY RM 216	
	CYCLE 45 12:15-1pm KATIE RM 216	CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218	VINYASA YOGA 12-12:45pm RAQUEL RM 216	CYCLE 45 12-12:45pm LILLY RM 216	CYCLE 45 12-12:45pm BORA RM 216	HATHA YOGA 11-12pm MARN RM 218	
	CARDIO PARTY 1:15-2pm WEXER RM 216	EXPRESS CHALLENGE 1:30-2pm WEXER RM 216	BODYCOMBAT™ 12:30-1:30pm JOHANNA RM 218	CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218			
	WELL BALANCED FLOW 2-2:30 WEXER RM 216	AEROBICS 2-2:30pm WEXER RM 216	CARDIO PARTY 1:30-2pm WEXER RM 216	EXPRESS CHALLENGE 1:30-2pm WEXER RM 216			
	CROSS TRAINING 3-3:50pm WEXER RM 216	INTERVAL BLAST 3-3:30pm WEXER RM 216	PILATES 2-2:30pm WEXER RM 216	AEROBICS 2-2:30pm WEXER RM 216			
			CROSS TRAINING 3-3:50pm WEXER RM 216	INTERVAL BLAST 3-3:30pm WEXER RM 216			
Evening	CYCLE 45 4:30-5:15pm EMILY RM 216	PILATES FUSION 5-6pm KATHRYN RM 218	CYCLE 45 4-4:45pm BORA RM 216	BARRE 4-5pm LESLIE RM 216	BODYCOMBAT™ 4:30-5:30pm HANNAH RM 216		
	BODYPUMP™ 5:30-6:30pm IAN RM 218	CYCLE 45 5-5:45pm EMILY RM 216	BODYPUMP™ 4:30-5:30pm LILLY RM 218	VINYASA YOGA 5-6pm ELISE RM 216	BARRE 5:30-6:30pm ERIN RM 216		
	CYCLE 60 5:30-6:15pm KAYLEY RM 216	CYCLE 45 6-6:45pm NICOLE RM 216	BARRE 5-6pm KATHRYN RM 216	BODYCOMBAT™ 5-6pm IAN RM 218	BODYPUMP™ 5:30-6:30pm TANYA RM 218		
	ZUMBA 6:30-7:30pm MICHELLE RM 216	HIIT 6:15-7pm COLLEEN RM 218	BODYCOMBAT™ 6-7pm RACHEL RM 218	ZUMBA 6-7pm MICHELLE RM 218			
	YOGA SCULPT 7-8pm PEGGY RM 218	BODYCOMBAT™ 7-8pm APRIL RM 216	VINYASA YOGA 6:30-7:30pm ASHLEY RM 216	CYCLE 45 6:15-7pm CHRISTINA RM 216			
	BODYCOMBAT™ 8-9pm HANNAH RM 216	BODYPUMP™ 7:15-8:15pm NICOLE RM 218	BODYPUMP™ 7:15-8:15pm CARA RM 218	BODYPUMP™ 7-8pm NICOLE RM 218			



Instructor-led class



Wexer Virtual Fitness

Monday, September 19, 2016 - Saturday, December 10, 2016



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