



DROP-IN FITNESS CLASSES

Current as of January 29

MONDAY

- **6AM STEP & HITT** with Scott Rogers RM 236
- **9AM ZUMBA** with Robin (Rm 236)
- **9AM YOGA** with Tiffany (RM 231)
- **11AM BIGGER FASTER STRONGER** Rm 233
- **5:10PM POUND** with Robin Smith (RM 304)
- **6PM SPINNING** with Kim Prestwich Spin RM

TUESDAY

- **5:30-6:20AM SPINNING** with Rebecca Kuykendall Spin RM
- **10AM RESTORATIVE YOGA** with Kim (Rm 231A)
- **11AM BIGGER FASTER STRONGER** Rm 236
- **12PM HIIT SPINNING** with Tiffany & Kim Spin RM
- **4PM BARRE** with Kay (Rm 304)
- **4PM YOGA** with Kim (Rm 231A)
- **5:10 –6:05PM HIGH /LO FITNESS** with Kay Parker RM 236
- **6:15 -7:15PM REFIT** with Erica Rogers in RM 236

WEDNESDAY

- **6:00AM STEP & HITT** with Scott Rogers (RM 236)
- **9AM ZUMBA** with Robin (Rm 236)
- **9AM FLOW YOGA** with Kim Depew (RM 231)
- **11AM BIGGER FASTER STRONGER** Rm 233
- **12PM SPINNING** with Rebecca Kuykendall Spin RM
- **6PM SPINNING** with Kim Prestwich Spin RM
- **7:30PM Social Dance** with Tony Silvaz (RM 231A)

THURSDAY

- **5:30-6:20AM SPINNING** with Rebecca Kuykendall Spin RM
- **10AM RESTORATIVE YOGA** with Kim (Rm 231A)
- **11AM BIGGER FASTER STRONGER** Rm 236
- **12PM HIIT SPINNING** with Tiffany & Kim Spin RM
- **4PM YOGA** with Kim (Rm 231A)
- **5:10 –6:05PM HIGH /LO FITNESS** with Kay Parker (RM 236)
- **6:15 -7:15PM REFIT** with Erica Rogers in (RM 236)

FRIDAY

- **6:00AM STEP & HITT** with Scott Rogers (RM 236)
- **8:30AM STRONG** with Robin Smith (RM 236)

SATURDAY

- **8AM SPINNING** with Rebecca Kuykendall Spin RM
- **10AM SPINNING** with Kim P. Spin RM

FREE to SRC Members or \$3/person

Sign in at the SRC Front Desk & fill out a waiver



Remove after 2/20/18