SUMMER 2018

GROUP EXERCISE

MAY 30TH - AUGUST 10TH

MON
CYCLE HAPPY HOUR
12:00 PM - 12:50 PM
Orange
YOGA AROMA-FLOW
12:00 PM - 1:00 PM
Rowdy
BARRE PLUS
5:00 PM - 5:45 PM
Rec
BODY BLAST
6:00 PM - 6:45 PM
Rec
CYCLE 50
6:30 PM - 7:20 PM
Orange

TUES
SUNRISE YOGA
7:00 AM - 8:00 AM
Rowdy
SYNERGY 360
12:00 PM - 12:50 PM
1st Floor Weight Room
ZUMBA EXPRESS
4:00 PM - 4:45 PM
Rec
CORE BLAST
5:00 PM - 5:20 PM
Rec
YOGA FLOW
6:00 PM - 7:00 PM
Rowdy
CYCLE PUMP
6:30 PM - 7:20 PM
Orange
CARDIO DANCE
7:00 PM - 7:45 PM
Rec (Starts 07/10)

WED
CYCLE HAPPY HOUR
12:00 PM - 12:50 PM
Orange
YOGA AROMA-FLOW
12:00 PM - 1:00 PM
Rowdy
BARRE PLUS
5:00 PM - 5:45 PM
Rec
CYCLE 50
6:30 PM - 7:20 PM
Orange
STEP IT UP!
8:00 PM - 8:45 PM
Rec

THURS
SUNRISE YOGA
7:00 AM - 8:00 AM
Rowdy
SYNERGY 360
12:00 PM - 12:50 PM
1st Floor Weight Room
BODY BLAST
5:00 PM - 6:45 PM
Rec
CYCLE PUMP
6:30 PM - 7:20 PM
Orange
CARDIO DANCE
7:00 PM - 7:45 PM
Rec (Starts 07/12)

FRI
CYCLE HAPPY HOUR
12:00 PM - 12:50 PM
Orange
AQUA CARDIO
12:15 PM - 1:00 PM
Lap Pool

FREE FOR ALL UTSA CAMPUS REC MEMBERS.
VISIT CAMPUSREC.UTSA.EDU FOR OUR LIVE SCHEDULE!