

# Spring 2022 Group Fitness

Effective: 1.10.22 - 4.29.22



@fgcu\_campusrec



FGCU Campus Recreation



	Mon	Tues	Wed	Thurs	Fri	
7:00am			Barre Fusion JRhea	Vinyasa Yoga Gabrielle	Barre Gianna	
8:00am		Power Pedal Katherine ◀	Vinyasa Yoga Lisa	Bootcamp Jillian	Cycle Katherine	Vinyasa Yoga Gianna
12:00pm	Cycle Dr. B				Lower Body Burn Nik	
4:00pm			Functional Strength Jacob	Power Hour Rotation ●		
5:15pm	HIIT Jacob	HIIT Combat Sofia	Cycle Chloe	Ab Attack Jacob ◀	Cardio Hip-Hop JRhea	Restorative Yoga Nik
6:15pm	Cycle Anneliese	Ab Attack Jacob ◀	Ab Attack Sofia ◀	Barre Gianna		
7:15pm	Cycle Chloe	Zumba Cheyanne	Vinyasa Yoga Gianna			
8:15pm		Power Yoga Gabrielle	Zumba Cheyanne			

Register for all classes through the FGCU Go app or [recstore.fgcu.edu](https://recstore.fgcu.edu)

## EAGLE FIT CHALLENGE

At the completion of 30 classes, you are eligible for a prize! Pick up an #EagleFit card after any group fitness class to participate.

Classes are 45 minutes in length unless otherwise noted:

◐ 30 minutes

● 1 hour

■ Studio #1

□ Studio #2

■ Rec Deck