

GROUP FITNESS

Summer 2022 Mon, May 16th - Fri, Aug 19th

NO CLASSES
MAY 28-30, JULY 2-4



REGISTER FOR CLASSES on the new Aztec Recreation app

- Group Fitness class registration opens 7 days prior to the start of class, and closes 15 minutes prior to the start of class.
- Cancellations must be made at least 30 minutes prior to the start of class.
- Those who no-show three times in one semester will lose Group Fitness registration privileges for 2 weeks.



Classes with **HIGHLIGHT** are virtual classes. Reserve on the Aztec Recreation app or Zoom for virtual classes. Schedule subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 AM Deep Stretch Yoga Yoga Studio Jenny M. 	6:30-7:15 AM Cycling Cycle Studio Bethany M. 	6:30-7:15 AM Total Strength Group Fitness Studio Jo-Ann H. 	6:30-7:15 AM Cycling Cycle Studio Jo-Ann H. 	8:30-9:30 AM Deep Stretch Yoga Yoga Studio Jenny M.
12:00-12:30 PM Mindful Meditation Virtual Class Vie G. 	12:00-12:45 PM Total Strength Group Fitness Studio Ai K. 	8:30-9:15 AM Outdoor Boot Camp Recreation Field Cole D. 	12:00-12:45 PM Barre Blast Multipurpose Studio Cali T. 	12:00-12:45 PM Boxing Fitness Mat Studio Heidi W.
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4:00-4:45 PM Barre Blast Multipurpose Studio Lisa L. 	4:00-4:45 PM Aqua Boot Camp Aquaplex Ai K. 	4:00-4:30 PM TRX Boot Camp Group Fitness Studio Cole D. 	4:00-5:00 PM Power Yoga Yoga Studio Daniel D. 	SUNDAY
4:30-5:00 PM Aztec Abs Group Fitness Studio Bethany M. 	5:30-6:30 PM Heated Power Yoga Flow Yoga Studio Megan H. 	4:30-5:20 PM Cycle Core Cycle Studio Cindy S. 	5:30-6:15 PM Circuit Challenge Group Fitness Studio Cole D. 	10:00-11:00 AM Hatha Vinyasa Yoga Yoga Studio Daniel D.
6:00-6:45 PM Cycling Cycle Studio Bethany M. 		5:30-6:30 PM Vinyasa Yoga Yoga Studio Amber L. 	6:00-6:50 PM Cycle Core Cycle Studio Nikki W. 	