



# FALL SCHEDULE GROUPEX AND F45

WEDNESDAY, AUG. 27 – SATURDAY, DEC. 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 12:10-12:55 p.m. Emma	F45 6:30-7:15 a.m. Bella & Aidan	Barre 12:10-12:55 p.m. Kersten	F45 6:30-7:15 a.m. Jake & Laney	Pilates 12:10-12:55 p.m. Emma	F45 10:30-11:30 a.m. Starting after Fall Break
F45 12:10-12:55 p.m. Gentz & Beth	Pilates 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Jake & TBD	Yoga 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Nic & Jocelyn	
Zumba® 5:15-6 p.m. Maddy*	F45 12:15-1 p.m. Kate & Brooke	Primal Flow 5:15-6:15 p.m. Emma	F45 12:15-1 p.m. Kate & Aiden		
F45 5:20-6:05 p.m. Jake & Laney	Step 5-6 p.m. Maddy*	F45 5:20-6:05 p.m. Brooke & Bella	CycleFit & Core 5:15-6:15 p.m. Nic		
	F45 5:20-6:05 p.m. Jocelyn & Aspen	Zumba® 6:30-7:15 p.m. Brittney	F45 5:20-6:05 p.m. Maddy & Aspen		
	CycleFit + Core 5:30-6:30 p.m. Jake & Halle		Tighten & Tone 5:30-6:15 p.m. Brooke		
	Yoga 6:15-7:15 p.m. Kayla		Zumba® 6:30-7:15 p.m. Brittany		



\*Class instructed by  
Maddy Mularski  
Navigation Specialist-  
Fitness/Wellness



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