

# Free Fitness Week

## 6/11-6/15



### Monday

11:30 AM ▶ Alison/Nina  
✗ F45

12:30 PM ▶ Alison/Nina  
✗ F45

12:30 PM ▶ Carole  
★ HIP\* Aqua Fitness

4:15 PM ▶ Aaron/Ryan  
✗ F45

4:30 PM ▶ Annie  
▲ Mat Pilates

5:15 PM ▶ Aaron/Ryan  
✗ F45

4:30 PM ▶ Linda  
▲ Cardio Dance

### Tuesday

12:30 PM ▶ Linda  
● Barre Fusion

12:30 PM ▶ Megan  
✗ Vinyasa Yoga

12:30 PM ▶ Dominique  
▲ HIP\* Hula Dance

5:30 PM ▶ Danielle  
◆ Indoor Cycling

5:30 PM ▶ Jazz  
● Vinyasa Yoga

### Wednesday

7:00 AM ▶ Ryan/Tawaun  
✗ F45

8:00 AM ▶ Ryan/Tawaun  
✗ F45

11:30 AM ▶ Alison/Briana  
✗ F45

12:00 PM ▶ Shah  
▲ Boxing

12:00 PM ▶ Sheryl  
✗ Unwind & Thrive Yoga

12:30 PM ▶ Janet  
◆ Indoor Cycling

12:30 PM ▶ Alison/Briana  
✗ F45

5:30 PM ▶ Michele  
● Total Body Workout

6:30 PM ▶ Michele  
▲ Cardio Kickboxing

### Thursday

11:30 AM ▶ Linda  
● Pre/Post-Natal  
Cardio Strength

12:30 PM ▶ Patricia  
▲ HIP\* Healthy Back

4:30 PM ▶ Patricia  
▲ Build & Burn

5:30 PM ▶ Danielle  
◆ Indoor Cycling

5:30 PM ▶ Carmen  
● Barre Sculpt

5:30 PM ▶ Carole  
★ HIP\* Aqua Fitness

### Friday

8:00 AM ▶ Ryan/Tawaun  
✗ F45

9:00 AM ▶ Ryan/Tawaun  
✗ F45

11:30 AM ▶ Aaron  
▲ Regeneration

11:30 AM ▶ Deanna  
✗ HIP\* Yoga 4 Runners

12:30 PM ▶ Deanna  
✗ HIP\* Yoga/Pilates

### Class Locations

- AOERC Studio 111
- ▲ AOERC Studio 203
- ◆ AOERC Cycling Studio
- ★ AOERC Pool
- ✗ ACSR Mat Studio
- ✗ ACSR Fitness Center