

SPRING EMPLOYEE IN-PERSON FITNESS CLASS SCHEDULE

FEBRUARY 6 – MAY 25, 2023

With an [All-Access Membership](https://recreation.udel.edu), register up to 1 week in advance of all fitness classes for the 2022-2023 fiscal year at recreation.udel.edu. For more information, visit our website at udel.edu/wellbeing.

Please note: Group fitness class locations take place either at the CSB (Carpenter Sports Building) or the Delaware Field House. Classes are susceptible to be canceled for the day if there are no registrants one hour prior to class start time. For class cancelation updates, visit recreation.udel.edu.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	BOOTCAMP (45) 6:30-7:15 am CSB 171A Elizabeth W		BOOTCAMP (45) 6:30-7:15 am CSB 171A Elizabeth W		
12:15 PM	SPRINT 12:15-12:45 pm CSB Cycle Studio Milinda	BARRE 12:15-1 pm CSB 259 Liz H	POWER YOGA 12:15-1 pm CSB Gym 3 Sydney Z	BOOTCAMP (30) 12:15-12:45 pm CSB 259 Liz H	BODYPUMP 12:15-1 pm CSB 171A Christine J
12:30 PM	VINYASA YOGA 12:30-1:15 pm CSB Gym 3 Cherish W	POWER YOGA 12:30-1:15pm Field House Weight Room Bryn P	CORE STRENGTH 12:30-1:15 pm Field House Weight Room Christine J	BEGINNER YOGA 12:30-1:15 pm CSB Gym 3 Christine S	VINYASA YOGA 12:30-1:15 pm CSB Gym 3 Cherish W
5:00 pm	F.I.T. BOOTCAMP 5-5:45 pm Field House Weight Room Katrina C	SLOW FLOW YOGA 5-6 pm CSB Gym 3 Joanne R	F.I.T. BOOTCAMP 5-5:45 pm Field House Weight Room Katrina C	YOGA FUSION 5-5:50 pm CSB 260 Cherish W	
5:15 PM	CARDIO STRENGTH 5:15-6:15 pm CSB 260 Jaime T	BIKE BOOTCAMP 5:15-6 pm CSB Cycle Studio Polly W			

