



Redhawk Fitness

Spring 2018 Schedule

CELEBRATE GROUP FITNESS WEEK: MARCH 26-29

\$25 SEMESTER PASS \$3 PER CLASS

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 12:45 p.m. Pilates (Sara) MP Room - Free Class	6:30 - 7:15 a.m. Instructor Choice (Brit/Alex) GF Studio (see IMLEAGUES)	6:30 - 7:15 a.m. Sunrise Yoga (Michelle/Sally) GF Studio	6:30 - 7:15 a.m. Instructor Choice (Isabelle/Daryna) GF Studio (see IMLEAGUES)	6:30 - 7:15 a.m. SUP Yoga (Missy) SAQ/Pool
12:15 - 12:45 p.m. Real Ryder® (Brittney) GF Studio	12:15 - 12:45 p.m. MUSCLES (Sara/Caleb) GF Studio - Free Class	12:15 - 12:45 p.m. Yoga Flow (Michelle) GF Studio - Free Class	12:15 - 12:45 p.m. Zumba® (Brittney/Daryna) MP Room - Free Class	6:30 - 7:15 a.m. Yoga Flow (Kierstin) GF Studio
4:15 - 5:00 p.m. MUSCLES (Caleb/Ashley) GF Studio	1:00 - 1:50 p.m. Beginner Aerial Fitness (Sara) GF Studio	4:15 - 5:00 p.m. Pilates (Kenzie) GF Studio	12:15 - 12:45 p.m. Aerial Yoga (Sara) GF Studio	12:15 - 12:45 p.m. Barre Body™ (Alex) GF Studio—Free Class
5:15 - 6:00 p.m. Aerial Yoga (Sara) GF Studio	4:15 - 5:00 p.m. Aerial Yoga (Sara) GF Studio	5:15 - 6:00 p.m. MUSCLES (Isabelle/Ashley) GF Studio	4:15 - 5:00 p.m. Power Yoga (Michelle) GF Studio	4:15 - 5:00 p.m. Instructor's Choice (Daryna/Alex) GF Studio (see IMLEAGUES)
5:30 - 6:20 p.m. Zumba® (Nicole) MP Room	5:15 - 6:00 p.m. Barre Body™ (Alex) GF Studio	5:30 - 6:20 p.m. Yoga Flow (Kierstin) MP Room	5:15 - 6:00 p.m. TRX® + (Isabelle) MP Room	
6:30 - 7:05 p.m. Real Ryder® Xpress (Kenzie) GF Studio	5:30 - 6:20 p.m. TurboKick® (Isabelle) MP Room	6:30 - 7:20 p.m. Barre Body™ (Nicole) GF Studio	5:30 - 6:05 p.m. Real Ryder® (Brittney/Ashley) GF Studio	
7:30 - 8:20 p.m. Pilates (Kenzie) GF Studio	6:30 - 7:20 p.m. Zumba® (Daryna) GF Studio - Free Class	6:30 - 7:20 p.m. Muay Thai (Zach) MP Room	6:30—7:20 P.M. TurboKick (Brittney) GF Studio	
	7:30 - 8:20 p.m. Drum to the Beat! (Daryna) GF Studio	7:30 - 8:20 p.m. Dance Fit (Nicole) GF Studio	7:30 - 8:20 p.m. CandleLit Yoga (Sally/Christi) GF Studio - Free Class	

FREE Saturday Specials:

10:30 - 11:20 a.m.

March 24: Drum to the Beat (Daryna)

April 7: Pilates (Kenzie)

April 21: TurboKick (Brittney)

April 28: MUSCLES (Ashley)

May 5: Yoga Flow (Sally)

Questions?

Contact us:

Sara Wagganer

573.651.2367 or

swagganer@semo.edu

Brittney Swicionis

573.986.7391 or

bmswicionis1s@semo.edu

Semo.edu/recservices



SIGN UP FOR ALL CLASSES USING THE IMLEAGUES APP. NO CLASSES MARCH 30 OR FINALS WEEK.