



Redhawk Fitness

Fall 2018 Schedule

FREE PREVIEW WEEKS: AUGUST 18 - SEPTEMBER 1

\$45 SEMESTER PASS \$4 PER CLASS

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

SATURDAY SPECIALS:

10:30 - 11:20 a.m.

Aug. 18 - Yoga & Yogurt

Aug. 25— Pilates

Sept. 8 - TurboKick®

Sept. 15 - MUSCLES

Sept. 22 - Zumba

Sept. 29 - TRX®

Oct. 6 - Drum to the Beat

SUNDAY JUMP START:

6:30 - 7:20 p.m.

Aug. 19 - Glow Ride!

Aug. 26 - Zumba®

Sept. 9 - Yoga Flow

Sept. 16 - Ropes & Bands

Sept. 23 - Drum to the
Beat

Sept. 30 - Power Yoga

Questions?

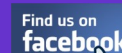
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SIGN UP FOR ALL CLASSES USING THE IMLEAGUES APP. NO CLASSES ON LABOR DAY WEEKEND, SEPTEMBER 1-3.