

# FIT 100 Fall 2021 Classes by Time

## Morning

2585 Fit for Duty	MW	8:00-8:50am	25.25
3269 Beg. Yoga	MW	8:00-8:50am	25.25
2590 Abs & More	TTH	8:00-8:50am	25.25
8700 Gentle Flow Yoga	TTH	8:00-9:30am	25.25*
8549 Gentle Flow Yoga	TTH	8:00-9:30am	25.25**
2555 Fitness & Conditioning	MW	9:00-9:50am	25.25
2556 Fitness & Conditioning	TTH	9:00-9:50am	25.25
8392 Intro to Bouldering	MW	9:00-10:30am	\$180*
8393 Intermediate Bouldering	MW	9:00-10:30am	\$180**
3283 Gentle Flow Yoga	MW	9:00-10:30am	25.25*
8400 Intermediate Flow Yoga	MW	9:00-10:30am	25.25**
8492 Intro to Bouldering	TTH	9:00-10:30am	\$180*
8394 Intermediate Bouldering	TTH	9:00-10:30am	\$180**
2588 Yoga and Meditation	F	9:00-10:30am	25.25
2587 Abs & More	MW	9:10-10:00am	25.25
2601 Water Aerobics	MW	9:10-10:00am	25.25
8408 Beg. Yoga	TTH	9:10-10:00am	25.25
2559 Zumba	TTH	9:10-10:40am	25.25
8402 Intermediate Golf	MW	9:30-11:00am	295*
8415 Western Riding Instruction	MW	9:30-12:00	520*
8412 English Riding Instruction	TTH	9:30-12:00	520*
8480 Beg. Rock Climbing	TTH	9:35-11:05am	\$195*
8411 Interm. Rock Climbing	TTH	9:35-11:05am	\$195**
8427 Advanced Volleyball	TTH	9:35-10:25am	25.25
2557 Fitness & Conditioning	MW	10:00-10:50am	25.25
2561 Fitness & Conditioning	TTH	10:00-10:50am	25.25
8483 Basketball	MW	10:00-11:30am	25.25**
2589 Total Body Conditioning	TTH	10:00-10:50am	25.25
2560 Cardio Strength	MW	10:20-11:10am	25.25
2564 Crossfit	MW	10:20-11:10am	100.00
8417 Group FIT	MW	10:20-11:50am	25.25*
8413 Group FIT Mind Body	MW	10:20-11:50am	25.25**
3282 Beginning Swim	MW	10:20-11:10am	25.25
3276 Intermediate Lap Swim	MW	10:20-11:10am	25.25
2565 Intermediate Lap Swim	TTH	10:20-11:10am	25.25
4805 Beg. Yoga	TTH	10:30-11:20am	25.25
2604 Core Strength	MW	10:40-11:30pm	25.25
2586 Gentle Flow Yoga	F	10:45-12:15pm	25.25
8389 Beg. Rock Climbing	MW	11:00-12:30pm	\$195*
8397 Interm. Rock Climbing	MW	11:00-12:30pm	\$195**
2584 Indoor Cycling	TTH	11:00-11:50am	25.25

## Afternoon

3278 Bootcamp	MW	11:40-12:30pm	25.25
8401 Core Strength	TTH	12:00-12:50pm	25.25
8398 Intro to Golf	MW	12:30-2:00pm	\$295*
3281 Indoor Cycling	MW	12:40-1:30pm	25.25
8682 Disc Golf	TTH	12:45-2:15pm	25.25**
8391 Beg. Rock Climbing	MW	1:00-2:30pm	\$195*
8390 Interm. Rock Climbing	MW	1:00-2:30pm	\$195**
2562 Gentle Flow Yoga	T	1:00-2:30pm	25.25
2577 Cardio Yoga	TH	1:00-2:30pm	25.25
8484 Western Riding Instruction	TTH	1:00-3:30pm	520*
3010 Crossfit 2	MW	1:10-2:00pm	100.00
3275 Sports Conditioning	TTH	1:10-2:00pm	25.25
8414 Flow Yoga	TTH	1:30-3:00pm	\$55*
10966 Intermediate Jiu Jitsu	MW	1:30-3:00pm	75*
10967 Intermediate Jiu Jitsu	MW	1:30-3:00pm	75**
8683 Flow Yoga	TTH	1:30-3:00pm	\$55**
2570 Kickboxing	MW	1:40-2:30pm	25.25
3279 Strength Training Program Design	MW	2:00-2:50pm	25.25
3777 Strength Training Program Design	TTH	2:00-2:50pm	25.25
8399 Horsemanship	MW	2:00-4:30pm	520*
3270 Body Sculpt	MW	2:10-3:00pm	25.25
2563 Intermediate Yoga	MW	2:10-3:00pm	25.25
2576 Beg/Inter Fencing	TTH	2:10-3:00pm	25.25
2809 Pilates	TTH	2:40-3:30pm	25.25
8407 Brazilian Jiu Jitsu	MW	3:00-4:30pm	\$75*
8570 Brazilian Jiu Jitsu	MW	3:00-4:30pm	\$75**
3273 Power Yoga	M	3:00-4:30pm	25.25
2554 Intermediate Flow Yoga	W	3:00-4:30pm	25.25
4958 Indoor Cycling	MW	3:10-4:00pm	25.25
3271 Chinese Martial Arts	TTH	3:10-4:00pm	75.00
4727 Body Sculpt	TTH	3:50-4:40pm	25.25
3280 Zumba	MW	4:10-5:00pm	25.25
3939 Zumba	TTH	4:10-5:00pm	25.25
8418 Fitness Walking	MW	4:30-6:00pm	25.25*
2566 Pilates	MW	5:00-5:50pm	25.25
5634 Step & Sculpt	TTH	5:00-5:50pm	25.25
2583 Ballet/Jazz/Hip Hop	TTH	6:00-6:50pm	25.25
2592 Aikido	T	6:00-7:30pm	55.00
8488 Gentle Flow Yoga	MW	6:00-7:30pm	25.25*
8701 Intermediate Flow Yoga	MW	6:00-7:30pm	25.25**
2574 Interm Ballet/Jazz/Hip Hop	W	7:40-9:10pm	25.25
8469 Personal Fitness Training	TBA	TBA	80.00

\*Class dates 8/23-10/12

\*\*Class dates 10/14 -12/3

COMMIT TO BE



