

FIT 100 Spring 2022 Classes by Time

Morning

Abs & More	MW	8:00-8:50am	25.25
Beginning yoga	MW	8:00-8:50am	25.25
Fit For Duty	MW	8:00-8:50am	25.25
Gentle Flow Yoga	TTH	8:00-9:30am	25.25*
Gentle Flow Yoga	TTH	8:00-9:30am	25.25**
Volleyball	MW	8:20-9:50am	25.25*
Advanced Volleyball	MW	8:20-9:50am	25.25**
Intro to Bouldering	MW	9:00-10:30am	\$180*
Interm. Bouldering	MW	9:00-10:30am	\$180**
Intro to Bouldering	TTH	9:00-10:30am	\$180*
Interm. Bouldering	TTH	9:00-10:30am	\$180**
Fitness & Conditioning	MW	9:00-9:50am	25.25
Fitness & Conditioning	TTH	9:00-9:50am	25.25
Yoga and Meditation	F	9:00-10:30am	25.25
Gentle Flow Yoga	MW	9:00-10:30am	25.25*
Intermediate Flow Yoga	MW	9:00-10:30am	25.25**
Abs & More	MW	9:10-10:00am	25.25
Beginning Yoga	TTH	9:10-10:00am	25.25
Zumba	TTH	9:10-10:00am	25.25
Water Aerobics	TTH	9:10-10:00am	25.25
Beg. Rock Climbing	TTH	9:35-11:05am	\$195*
Interm. Rock Climbing	TTH	9:35-11:05am	\$195**
Fitness & Conditioning	MW	10:00-10:50am	25.25
Fitness & Conditioning	TTH	10:00-10:50am	25.25
Total Body Conditioning	TTH	10:00-10:50am	25.25
Basketball	MW	10:00-11:30am	25.25
Basketball	MW	10:00-11:30am	25.25
CrossFit	MW	10:20-11:10am	100.00
Group FIT	MW	10:20-11:50am	25.25*
Group FIT Mind Body	MW	10:20-11:50am	25.25**
Cardio Strength	MW	10:20-11:10am	25.25
Beginning Swimming	MW	10:20-11:10am	25.25
Intermediate Lap Swim	MW	10:20-11:10am	25.25
Intermediate Lap Swim	TTH	10:20-11:10am	25.25
Beg. Yoga	TTH	10:30-11:20am	25.25
Core Strength	MW	10:40-11:30am	25.25
Gentle Flow Yoga	F	10:45-12:15pm	25.25
Indoor Cycling	TTH	11:00-11:50am	25.25
Beg. Rock Climbing	MW	11:00-12:30pm	\$195*
Interm. Rock Climbing	MW	11:00-12:30pm	\$195**
Downhill ski/snowboard	MW	11:15-3:15pm	\$300*
Downhill ski/snowboard	TTH	11:15-3:15pm	\$300*
Bootcamp	MW	11:40-12:30pm	25.25

Afternoon

Core Strength	MW	12:00-12:50pm	25.25
Interm. Golf	MW	12:30-3:00pm	\$295***
Indoor Cycling	MW	12:40-1:30pm	25.25
Beg. Rock Climbing	MW	1:00-2:30pm	\$195*
Interm. Rock Climbing	MW	1:00-2:30pm	\$195**
Cardio Yoga	TH	1:00-2:30pm	25.25
Gentle Flow Yoga	T	1:00-2:30pm	25.25
Crossfit 2	MW	1:10-2:00pm	100.00
Sports Conditioning	TTH	1:10-2:00pm	25.25
Downhill Ski/Snowboard	MW	1:15-5:15pm	\$300*
Downhill Ski/Snowboard	TTH	1:15-5:15pm	\$300*
Kickboxing	MW	1:40-2:30pm	25.25
Strength Training Program	MW	2:00-2:50pm	25.25
Strength Training Program	TTH	2:00-2:50pm	25.25
Body Sculpt	MW	2:10-3:00pm	25.25
Interm. Yoga	MW	2:10-3:00pm	25.25
Beg/Inter. Fencing	TTH	2:10-3:00pm	25.25
Pilates	TH	2:40-3:30pm	25.25
Brazilian Jiu Jitsu	MW	3:00-4:30pm	\$75*
Brazilian Jiu Jitsu	MW	3:00-4:30pm	\$75**
Interm. Flow Yoga	W	3:00-4:30pm	25.25
Power yoga	M	3:00-4:30pm	25.25
Chinese Martial Arts	TTH	3:10-4:00pm	75.00
Body Sculpt	TTH	3:50-4:40pm	25.25
Zumba	MW	4:10-5:00pm	25.25
Zumba	TTH	4:10-5:00pm	25.25
Fitness Walking	MW	4:30-6:00pm	25.25**
Pilates	MW	5:00-5:50pm	25.25
Step & Sculpt	TTH	5:00-5:50pm	25.25
Aikido	T	6:00-7:30pm	55.00
Gentle Flow Yoga	MW	6:00-7:30pm	25.25*
Interm. Flow Yoga	MW	6:00-7:30pm	25.25**
Ballet/Jazz/Hip Hop	TTH	6:00-6:50pm	25.25
Interm Ballet/Jazz/Hip Hop	W	7:40-9:10pm	25.25
Personal Fitness Training	TBD	TBD	80.00

*Class dates

**Class dates

***Class dates

COMMIT TO BE

