



Group Fitness Schedule



August 21st - October 6th

Monday

Tuesday

Wednesday

Thursday

Friday

Yoga

8:30am-9:30am
(John K.)

Yoga

8:30am-9:30am
(John K.)

Yoga

8:30am-9:30am
(John K.)

Yoga

8:30am-9:30am
(John K.)

Yoga

8:30am-9:30am
(John K.)

Senior Fit

9:30am-10:30am
(John K.)

Senior Fit

9:30am-10:30am
(John K.)

Senior Fit

9:30am-10:30am
(John K.)

Senior Fit

9:30am-10:30am
(John K.)

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9:30am-10:30am
(John K.)

Water Aerobics

11:00am-11:45am
(Sheila/John K.)

Water Aerobics

11:00am-11:45am
(Sheila/John K.)

Water Aerobics

11:00am-11:45am
(Sheila/John K.)

Cycling

5:00-5:45p
(Josiah)

Weight Circuit

5:00pm-5:45pm
(John H.)

Advanced Cycling

5:00-5:45p
(Josiah)

Weight Circuit

5:00pm-5:45pm
(John H.)

Cardio Fitness

6:00pm-6:45pm
(Mary)

HardCore

6:00pm-6:45pm
(Spencer)

Cardio Fitness

6:00pm-6:45pm
(Mary)

HardCore

6:00pm-6:45pm
(Spencer)

Insanity

7:00pm-7:45pm
(Kayla)

Boot Camp

7:00pm-7:45pm
(Kayla)

Insanity

7:00pm-7:45pm
(Kayla)

Butts & Guts

7:00pm-7:45pm
(Callum)

For more information,
please contact LWC
Campus Recreation:
270-384-7380 or
HWC@lindsey.edu