

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	February 2018 MSU WELLNESS CENTER GROUP FITNESS SCHEDULE			1 5:30am RIP Strength 6:15am Cardio Tabata 9:00am SS/Yoga 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	2 5:30am Zumba 5:30am STEP 6:15pm RIP Strength 9:00am SS/Yoga	3 7:00am RIP Strength
4	5 5:30am RIP Strength 6:15am PiYo Strength 9:00am SS/Yoga 4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	6 5:30am STEP 6:15am RIP Strength 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	7 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am Zumba Lite 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	8 5:30am RIP Strength 6:15am Cardio Tabata 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	9 5:30am Zumba 5:30am STEP 6:15am Cycle Circuit 9:00am Zumba Lite	10 7:00am Step
11 2:30pm Soul Cycle	12 5:30am RIP Strength 6:15am Cardio Tabata 9:00am Zumba Lite 4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	13 5:30am STEP 6:15am RIP Strength 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	14 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am SS/Yoga 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	15 5:30am RIP Strength 6:15am Cardio Tabata 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	16 5:30am Zumba 5:30am STEP 6:15pm RIP Strength 9:00am SS/Yoga	17 7:00am PiYo
18 2:30pm Soul Cycle	19 5:30am RIP Strength 6:15am PiYo Strength 9:00am SS/Yoga 4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	20 5:30am STEP 6:15am RIP Strength 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	21 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am SS/Yoga 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	22 5:30am RIP Strength 6:15am Cardio Tabata 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	23 5:30am Zumba 5:30am STEP 6:15pm RIP Strength 9:00am SS/Yoga	24 7:00am Step/Strength 30 min each
25 2:30pm Soul Cycle	26 5:30am RIP Strength 6:15am PiYo Strength 9:00am SS/Yoga 4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	27 5:30am STEP 6:15am RIP Strength 9:00am Zumba Lite 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	28 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am SS/Yoga 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow		<i>*Zumba Lite = Low Impact Beginner Zumba – slower pace with breaks between songs</i>	<i>*SS/Yoga = Simply Strength for 30 min – Gentle Yoga for 30 min!</i>