

Cornell Fitness Centers - Group Fitness Schedule

January 2 - January 20, 2018

This schedule is updated daily, including instructor substitutes and class cancellations

recreation.athletics.cornell.edu/fitness

Day	Start	End	Class Name	Location	Instructor
Mon	11:10AM	12:05PM	Yoga - Hatha Flow (No class Jan. 1)	Teagle Multipurpose Room	Jessica
Mon	12:15PM	1:15PM	Yoga - Vinyasa (No class Jan. 1)	Teagle Multipurpose Room	Lennessa
Mon	12:15PM	1:00PM	ZUMBA® (No class Jan. 1)	Helen Newman Hall Dance Studio	Cheryl
Mon	3:00PM	4:00PM	Power H.I.I.T. (No class Jan. 1)	Appel Commons - Fitness Center	Jeremy
Mon	4:45PM	5:45PM	TRX® Super Sculpt (No class Jan. 1)	Helen Newman Hall Classroom	Emily F.
Mon	5:30PM	6:20PM	Spinning® (No class Jan. 1)	Helen Newman Hall Dance Studio	Wendy
Tue	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Lennessa
Tue	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Debbie
Tue	1:15PM	2:15PM	Barre	Helen Newman Hall Dance Studio	Liz
Tue	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Wed	6:30AM	7:30AM	Spinning®	Helen Newman Hall Dance Studio	Jana
Wed	7:00AM	7:45AM	Hydro Training	Helen Newman Hall Pool	Debbie
Wed	11:10AM	12:05PM	Yoga - Iyengar	Teagle Multipurpose Room	Lisa
Wed	12:15PM	1:00PM	Shockwave	Appel Commons - Fitness Center	Krista
Wed	12:15PM	1:00PM	ZUMBA®	Helen Newman Hall Dance Studio	Stephanie
Wed	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Wed	3:00PM	4:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Wed	4:45PM	5:45PM	TRX® Super Sculpt	Helen Newman Hall Classroom	Emily F.
Wed	5:30PM	6:20PM	Spinning®	Helen Newman Hall Dance Studio	Lynn
Wed	6:00PM	7:00PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Linda
Thu	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Thu	9:00AM	10:00AM	Yoga - Prenatal	Helen Newman Hall Classroom	Diane
Thu	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Debbie
Thu	12:15PM	1:15PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Thu	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Laura
Fri	12:15PM	1:00PM	ZUMBA®	Helen Newman Hall Dance Studio	Cheryl
Fri	12:00PM	1:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Lennessa
Fri	12:15PM	1:00PM	Shockwave	Appel Commons - Fitness Center	Krista
Sat	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Sat	10:30AM	11:45AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Lyndsey

