

Cornell Fitness Centers - Group Fitness Schedule

January 22 - May 25, 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	7:15AM	8:00AM	Barre Express	Helen Newman Hall Dance Studio	Melissa B.
Mon	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Joey/Madeline U.
Mon	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Mon	11:30AM	12:15PM	Aqua ZUMBA®	Teagle Small Pool	Carol
Mon	12:00PM	12:45PM	Spinning® Express	Noyes Multipurpose Room (Start 1/29)	Caitlin
Mon	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Mon	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Lennessa
Mon	3:00PM	4:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Mon	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Shelly
Mon	5:30PM	6:15PM	Cardio Dance	Appel Commons - Multipurpose Room	Priscilla
Mon	5:30PM	6:20PM	Spinning®	Helen Newman Hall Dance Studio	Wendy
Mon	6:00PM	6:45PM	Spinning® Express	Noyes Multipurpose Room	Ibukun
Mon	6:30PM	7:15pm	Abs +	Helen Newman Hall Dance Studio	Wendy
Mon	6:30PM	7:15PM	Pure Strength	Appel Commons - Multipurpose Room	Priscilla
Mon	7:00PM	8:00PM	TRX® Circuit	Noyes Multipurpose Room	Sarah
Mon	8:15PM	9:15PM	Spinning®	Noyes Multipurpose Room	Dylan
Tue	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Tue	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Madeline U.
Tue	11:10AM	12:05PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel V.
Tue	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Debbie
Tue	12:15PM	1:00PM	ZUMBA® Toning	Bartels Hall - Ramin Room	Carol
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel V.
Tue	4:00PM	4:45PM	Barre Express	Noyes Multipurpose Room	Emily E.
Tue	4:10PM	5:10PM	ZUMBA®	Appel Commons - Multipurpose Room	Dee
Tue	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Tue	5:00PM	6:15PM	Yoga - Rockin' Flow	Noyes Multipurpose Room	Rachel V.
Tue	5:30PM	6:30PM	ShockWave	Appel Commons - Multipurpose Room	Julia T.
Tue	5:45PM	7:00PM	Yoga - Ashtanga	Teagle Multipurpose Room	Valerie
Tue	6:00PM	6:45PM	Power H.I.I.T. Express	Appel Commons - Fitness Center	Peg
Tue	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Tue	6:30PM	7:20PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Livia
Tue	6:45PM	7:35PM	INSANITY LIVE®	Appel Commons - Multipurpose Room	Mary Kate
Tue	6:45PM	7:45PM	Spinning®	Helen Newman Hall Dance Studio	Rachael B.
Tue	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Linda
Tue	7:30PM	8:30PM	Barre	Noyes Multipurpose Room (Start 1/30)	Julia L.
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	7:30AM	8:30AM	Yoga - Hatha Flow	Noyes Multipurpose Room	Veronica
Wed	11:10AM	12:05PM	Yoga - Iyengar	Teagle Multipurpose Room	Lisa
Wed	11:30AM	12:15PM	Aqua ZUMBA®	Teagle Small Pool	Carol
Wed	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Wed	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Krista
Wed	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Stephanie
Wed	3:00PM	4:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Wed	4:15PM	5:00PM	Body Blast	Appel Commons - Multipurpose Room (Start 1/31)	Krista/Maya

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Wed	5:30PM	6:30PM	ShockWave	Appel Commons - Multipurpose Room (Start 1/31)	Jodi/Brigitta
Wed	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Shelly
Wed	5:30PM	6:20PM	Spinning®	Helen Newman Hall Dance Studio	Lynn
Wed	6:30PM	7:15PM	Abs +	Helen Newman Hall Dance Studio	Lynn/Sam
Wed	6:00PM	7:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Linda
Wed	7:15PM	8:00PM	Spinning® Express	Noyes Multipurpose Room	Diogo
Wed	8:15PM	9:15PM	ZUMBA®	Noyes Multipurpose Room	Abe
Thu	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Thu	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Madeline U.
Thu	9:00AM	10:00AM	Yoga - Prenatal	Helen Newman Hall Classroom	Diane
Thu	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Thu	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Debbie
Thu	12:15PM	1:00PM	ZUMBA® Toning	Bartels Hall - Ramin Room	Carol
Thu	12:15PM	1:15PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Thu	4:00PM	4:45PM	Barre Express	Noyes Multipurpose Room	Emily E.
Thu	4:10PM	5:10PM	OULA®	Appel Commons - Multipurpose Room	Claire C.
Thu	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Thu	5:00PM	6:15PM	Yoga - Rockin' Flow	Noyes Multipurpose Room	Rachel V.
Thu	5:30PM	6:30PM	ShockWave	Appel Commons - Multipurpose Room	Emily F.
Thu	6:00PM	6:45PM	Power H.I.I.T. Express	Appel Commons - Fitness Center	Peg
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Laura
Thu	6:30PM	7:20PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Emily E.
Thu	6:45PM	7:30PM	Body Blast	Appel Commons - Multipurpose Room	Krista/Heather
Thu	6:45PM	7:45PM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Thu	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Leah
Thu	7:30PM	8:30PM	Spinning®	Noyes Multipurpose Room	Dylan
Fri	6:15AM	7:00AM	Spinning® Express	Helen Newman Hall Dance Studio	Jana
Fri	7:15AM	8:00AM	Barre Express	Helen Newman Hall Dance Studio	Melissa B.
Fri	12:00PM	1:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Lennessa
Fri	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Fri	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Krista
Fri	12:15PM	1:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Fri	1:30PM	2:30PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Fri	2:00PM	3:00PM	Spinning®	Noyes Multipurpose Room	Caitlin
Fri	2:45PM	3:45PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Fri	3:15PM	4:00PM	Spinning® Express	Noyes Multipurpose Room	Diogo
Fri	4:15PM	5:00PM	Spinning® Express	Noyes Multipurpose Room	Lynn
Fri	5:00PM	6:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Madeline U.
Fri	4:30PM	5:30PM	Yoga - Mellow Flow	Helen Newman Hall Classroom	Brenna
Fri	5:20PM	6:15PM	TRX® Super Sculpt	Noyes Multipurpose Room	Lynn
Fri	6:30PM	7:30PM	Cardio Fuego	Noyes Multipurpose Room	Hadassa
Sat	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Madeline U.
Sat	10:30AM	11:45AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Lyndsey
Sat	11:30AM	12:30PM	Spinning®	Noyes Multipurpose Room	Melissa W.
Sat	12:45PM	2:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Melissa W.

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Sat	2:15PM	3:15PM	ZUMBA®	Noyes Multipurpose Room	Abe
Sun	10:30AM	11:15AM	UrbanKick® & H.I.I.T.	Helen Newman Hall Dance Studio	Cheryl
Sun	11:45AM	12:45PM	Power H.I.I.T.	Appel Commons - Fitness Center	Madeline U.
Sun	1:30PM	2:30PM	TRX® Circuit	Noyes Multipurpose Room	Madeline U.
Sun	2:45PM	3:45PM	ZUMBA®	Noyes Multipurpose Room	Abe
Sun	4:00PM	5:15PM	Yoga - Mellow Flow	Noyes Multipurpose Room	Clare M.
Sun	5:30PM	6:30PM	Cardio Fuego	Noyes Multipurpose Room	Hadassa
Sun	6:45PM	8:00PM	Spinning® Power Hour	Noyes Multipurpose Room	Devon

