

Cornell Fitness Centers - Group Fitness Schedule

January 23 - May 26, 2017

This schedule is updated daily on the CFC Website

recreation.athletics.cornell.edu/fitness

Day	Start	End	Class Name	Location	Instructor
Mon	6:30AM	7:30AM	TRX® Strength	Helen Nemwan Hall Classroom	Emily E./Laura
Mon	7:00AM	7:45AM	Hydro Training	Helen Newman Hall Pool	Shelly
Mon	7:45AM	8:45AM	TRX® Super Sculpt	Noyes Multipurpose Room	Krista
Mon	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Mon	11:30AM	12:15PM	Aqua ZUMBA®	Teagle Small Pool	Carol
Mon	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Mon	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Emily E.
Mon	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
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	6:20PM	Spinning®	Helen Newman Hall Dance Studio	Wendy
Mon	5:30PM	6:30PM	Cardio Dance	Appel 3rd Floor MPR	Priscilla
Mon	6:00PM	6:45PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Funmi
Mon	6:30PM	7:15PM	Barre Express	Helen Newman Hall Dance Studio	Liz
Mon	7:00PM	8:00PM	ZUMBA®	Noyes Multipurpose Room	Abe
Mon	8:15PM	9:15PM	Barre	Noyes Multipurpose Room	Alison S.
Tue	7:00AM	8:15AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa
Tue	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Madeline
Tue	11:10AM	12:05PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel
Tue	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Keri
Tue	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Emily E.
Tue	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Carol
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel
Tue	1:15PM	2:15PM	Barre	Noyes Multipurpose Room	Liz
Tue	2:30PM	3:30PM	Barre	Noyes Multipurpose Room	Liz
Tue	3:15PM	4:15PM	Power H.I.I.T.	Appel Commons - Fitness Center	Keri
Tue	4:00PM	4:45PM	Spinning® Express	Noyes Multipurpose Room	Colby
Tue	4:30PM	6:00PM	T'ai Chi	Helen Newman Classroom	Maureen
Tue	5:00PM	6:15PM	Yoga - Rockin' Flow	Noyes Multipurpose Room	Rachel
Tue	5:30PM	6:30PM	Body Blast	Appel 3rd Floor MPR	Julia T.
Tue	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Jana
Tue	6:30PM	7:30PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Sharon
Tue	6:45PM	7:45PM	Spinning®	Helen Newman Hall Dance Studio	Diogo
Tue	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Linda
Tue	7:40PM	8:25PM	ZUMBA®	Noyes Multipurpose Room	Samantha
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	7:10AM	8:25AM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Wed	7:45AM	8:45AM	TRX® Super Sculpt	Noyes Multipurpose Room	Krista
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	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
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® Circuit	Noyes Multipurpose Room	Shelly

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Wed	5:30PM	6:20PM	Spinning®	Helen Newman Hall Dance Studio	Lynn
Wed	5:30PM	6:30PM	UrbanKick® & H.I.I.T.	Appel 3rd Floor MPR	Emily E./GFIT
Wed	6:30PM	7:15PM	Abs+	Helen Newman Hall Dance Studio	Lynn
Wed	6:00PM	6:45PM	Spinning® Express	Noyes Multipurpose Room	Allie
Wed	7:00PM	8:00PM	ZUMBA®	Noyes Multipurpose Room	Doron
Wed	8:15PM	9:15PM	Barre	Noyes Multipurpose Room	Alison S.
Thu	7:00AM	8:15AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa
Thu	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Madeline
Thu	9:00AM	10:00AM	Yoga - Prenatal	Helen Newman Hall Classroom	Diane
Thu	11:10AM	12:05PM	Yoga - Slow Flow	Teagle Multipurpose Room	Taryn
Thu	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Emily E./Debbie
Thu	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Carol
Thu	12:15PM	1:15PM	Yoga - Slow Flow	Teagle Multipurpose Room	Taryn
Thu	4:00PM	4:45PM	Spinning® Express	Noyes Multipurpose Room	Megan T.
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
Thu	5:30PM	6:30PM	Cardio Dance	Appel 3rd Floor MPR	Priscilla
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Thu	6:30PM	7:30PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Sharon
Thu	6:45PM	7:45PM	Spinning®	Helen Newman Hall Dance Studio	Claire
Thu	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Leah
Thu	7:40PM	8:25PM	ZUMBA®	Noyes Multipurpose Room	Samantha
Fri	6:30AM	7:30AM	Spinning®	Helen Newman Hall Dance Studio	Diogo
Fri	12:15PM	1:00PM	UrbanKick® & H.I.I.T.	Bartels Hall - Ramin Room	Cheryl
Fri	12:00PM	1:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Melissa
Fri	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Krista
Fri	12:30PM	1:30PM	TRX® Strength	Helen Newman Hall Classroom	Emily F.
Fri	1:30PM	2:15PM	ShockWave	Appel Commons - Fitness Center	Emily E.
Fri	3:00PM	4:00PM	Spinning®	Noyes Multipurpose Room	Caitlin
Fri	4:00PM	5:00PM	TRX® Strength	Helen Newman Hall Classroom	Sarah
Fri	4:15PM	5:00PM	Spinning® Express	Noyes Multipurpose Room	Lynn
Fri	5:15PM	6:30PM	Yoga - Ashtanga	Helen Newman Hall Classroom	Valerie
Fri	5:20PM	6:15PM	TRX® Super Sculpt	Noyes Multipurpose Room	Lynn
Sat	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Julia T.
Sat	11:30AM	12:30PM	Spinning®	Noyes Multipurpose Room	Melissa
Sat	11:45AM	12:45PM	Barre	Helen Newman Hall Dance Studio	Alison S.
Sat	1:00PM	2:00PM	Cardio Dance and Sculpt	Helen Newman Hall Dance Studio	Priscilla
Sat	12:45PM	2:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Melissa
Sat	2:15PM	3:15PM	ZUMBA®	Noyes Multipurpose Room	Abe

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Sun	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Lynn
Sun	11:45AM	12:45PM	Muscle Pump	Helen Newman Hall Dance Studio	Cora
Sun	1:30PM	2:30PM	TRX® Circuit	Noyes Multipurpose Room	Madeline
Sun	2:45PM	3:45PM	ZUMBA®	Noyes Multipurpose Room	Abe
Sun	4:00PM	5:15PM	Yoga - Slow Flow	Noyes Multipurpose Room	Carla
Sun	5:30PM	6:30PM	ZUMBA®	Noyes Multipurpose Room	Doron
Sun	6:45PM	8:00PM	Spinning® Power Hour	Noyes Multipurpose Room	Megan T.

