

Cornell Fitness Centers - Group Fitness Schedule

May 29 - August 11, 2017

No classes on May 29, July 4, August 12-20

This schedule is updated daily on the CFC Website

recreation.athletics.cornell.edu/fitness

Day	Start	End	Class Name	Location	Instructor
Mon	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Mon	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Mon	12:15PM	1:00PM	ZUMBA®	Helen Newman Hall Dance Studio	Louise
Mon	3:00PM	4:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Mon	4:45PM	5:45PM	TRX® Circuit (Start 6/12)	Noyes Multipurpose Room	Krista
Mon	5:30PM	6:30PM	Spinning®	Helen Newman Hall Dance Studio	Wendy
Mon	6:00PM	7:00PM	ZUMBA® (Start 6/12)	Noyes Multipurpose Room	Abe
Mon	7:15PM	8:15PM	Barre (Start 6/12)	Noyes Multipurpose Room	Alison
Tue	11:10AM	12:05PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel
Tue	11:15AM	12:00PM	Barre Express	Helen Newman Hall Dance Studio	Liz
Tue	12:15PM	1:00PM	Barre Express	Helen Newman Hall Dance Studio	Liz
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel
Tue	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Tue	4:45PM	5:45PM	Spinning® (Start 6/13)	Noyes Multipurpose Room	Julia T.
Tue	5:00PM	6:00PM	Spinning®	Helen Newman Hall Dance Studio	Diogo
Tue	6:00PM	7:00PM	Yoga - Vinyasa (Start 6/13)	Noyes Multipurpose Room	Linda
Tue	6:15PM	7:00PM	TRX® Express	Helen Newman Classroom	Laura
Wed	7:00AM	7:45AM	Hydro Training (Start 6/7)	Helen Newman Pool	Debbie
Wed	11:10AM	12:05PM	Yoga - Iyengar	Teagle Multipurpose Room	Lisa
Wed	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Wed	12:15PM	1:00PM	UrbanKick® & H.I.I.T.	Helen Newman Hall Dance Studio	Emily E. / Livia
Wed	3:00PM	4:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Jeremy
Wed	4:45PM	5:45PM	TRX® Circuit (Start 6/14)	Noyes Multipurpose Room	Shelly
Wed	5:30PM	6:30PM	Spinning®	Helen Newman Hall Dance Studio	Lynn/Harryette
Wed	6:00PM	7:00PM	ZUMBA® (Start 6/14)	Noyes Multipurpose Room	Abe
Wed	7:15PM	8:15PM	Barre (Start 6/14)	Noyes Multipurpose Room	Alison
Thu	7:00AM	8:15AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa
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	11:15AM	12:00PM	Barre Express	Helen Newman Dance Studio	Emily E.
Thu	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Debbie/Emily E.
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	4:45PM	5:45PM	Spinning® (Start 6/15)	Noyes Multipurpose Room	Dylan
Thu	5:00PM	6:00PM	Body Blast	Helen Newman Dance Studio	Michelle
Thu	6:00PM	7:00PM	Cardio Dance and Sculpt (Start 6/15)	Noyes Multipurpose Room	Priscilla
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Fri	12:00PM	1:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Melissa
Fri	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Emily E.

