

Cornell Fitness Centers - Group Fitness Schedule

August 21 - December 22, 2017

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

recreation.athletics.cornell.edu/fitness

| Day | Start | End | Class Name | Location | Instructor |
|-----|---------|---------|-----------------------|-----------------------------------|------------|
| Mon | 7:00AM | 7:45AM | Hydro Training | Helen Newman Hall Pool | Emily E. |
| Mon | 7:00AM | 8:00AM | Barre | Helen Newman Hall Dance Studio | Melissa B. |
| Mon | 7:30AM | 8:15AM | Spinning® Express | Noyes Multipurpose Room | Colby |
| 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 | 1:15PM | Pilates | 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 | 6:15PM | 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 | ZUMBA® | Noyes Multipurpose Room | Hadassa |
| Mon | 8:15PM | 9:15PM | Barre | Noyes Multipurpose Room | Julia L. |
| Tue | 7:00AM | 8:00AM | Yoga - Vinyasa | Helen Newman Hall Classroom | Melissa W. |
| Tue | 7:30AM | 8:15AM | Spinning® Express | Noyes Multipurpose Room | Madeline |
| 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® | Bartels Hall - Ramin Room | Carol |
| Tue | 12:15PM | 1:15PM | Yoga - Vinyasa | Teagle Multipurpose Room | Rachel V. |
| Tue | 1:15PM | 2:15PM | Barre | Noyes Multipurpose Room | Liz |
| Tue | 4:00PM | 4:45PM | Spinning® Express | Noyes Multipurpose Room | Diogo |
| 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 | Body Blast | Appel Commons - Multipurpose Room | Julia T. |
| Tue | 5:45PM | 7:00PM | Yoga - Mellow Flow | Teagle Hall Multipurpose Room | Brenna |
| Tue | 6:00PM | 7:00PM | Power H.I.I.T. | 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 | Emily E. |
| 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 | 8:20PM | Barre | Noyes Multipurpose Room | Emily E. |
| 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 | 8:15AM | TRX® Super Sculpt | Noyes Multipurpose Room | Sarah |
| 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 | Teagle Multipurpose Room | Liz |
| Wed | 12:15PM | 1:00PM | ShockWave | Appel Commons - Fitness Center | Krista |
| Wed | 3:00PM | 4:00PM | Power H.I.I.T. | Appel Commons - Fitness Center | Jeremy |

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|-----|---------|---------|-----------------------|-----------------------------------|------------|
| Wed | 4:45PM | 5:45PM | TRX® Circuit | Noyes Multipurpose Room | Shelly |
| Wed | 5:30PM | 6:20PM | Spinning® | Helen Newman Hall Dance Studio | Lynn |
| Wed | 5:30PM | 6:30PM | Body Blast | Appel Commons - Multipurpose Room | Michelle |
| Wed | 6:30PM | 7:15PM | Abs + | Helen Newman Hall Dance Studio | Lynn |
| Wed | 6:00PM | 7:00PM | Yoga - Vinyasa | Noyes Multipurpose Room | Linda |
| Wed | 7:15PM | 8:00PM | Spinning® Express | Noyes Multipurpose Room | Sydney |
| 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 |
| Thu | 9:00AM | 10:00AM | Yoga - Prenatal | Helen Newman Hall Classroom | Diane |
| Thu | 11:10AM | 12:05PM | Yoga - Gentle Vinyasa | Teagle Multipurpose Room | Lennessa |
| Thu | 12:15PM | 1:00PM | Muscle Pump | Helen Newman Hall Dance Studio | Emily E. |
| Thu | 12:15PM | 1:00PM | ZUMBA® | Bartels Hall - Ramin Room | Carol |
| Thu | 12:15PM | 1:15PM | Yoga - Gentle Vinyasa | Teagle Multipurpose Room | Lennessa |
| Thu | 4:00PM | 4:45PM | TRX® Super Sculpt | Noyes Multipurpose Room | Diogo |
| 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 | Body Blast | Appel Commons - Multipurpose Room | Claire L. |
| Thu | 6:00PM | 7:00PM | Power H.I.I.T. | 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 | 7:45PM | Spinning® | Helen Newman Hall Dance Studio | Mike |
| Thu | 7:15PM | 8:30PM | Yoga - Vinyasa | Helen Newman Hall Classroom | Leah |
| Thu | 7:30PM | 8:20PM | Barre | Noyes Multipurpose Room | Emily E. |
| Fri | 7:00AM | 8:00AM | Barre | 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 | UrbanKick® & H.I.I.T. | Helen Newman Hall Dance Studio | Livia |
| 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 | Dylan |
| 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 | Peg |
| Fri | 5:15PM | 6:30PM | Yoga - Ashtanga | Helen Newman Hall Classroom | Valerie |
| Fri | 5:20PM | 6:20PM | TRX® Super Sculpt | Noyes Multipurpose Room | Lynn |
| Sat | 10:30AM | 11:30AM | Spinning® | Helen Newman Hall Dance Studio | Harryette |
| Sat | 10:30AM | 11:30AM | Yoga - Vinyasa | Helen Newman Hall Classroom | Lyndsey |
| Sat | 11:30AM | 12:30PM | Spinning® | Noyes Multipurpose Room | Melissa W. |
| Sat | 11:45AM | 12:45PM | Barre | Helen Newman Hall Dance Studio | Liz |

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| Day | Start | End | Class Name | Location | Instructor |
|-----|---------|--------|----------------------|-------------------------|------------|
| Sat | 12:45PM | 2:00PM | Yoga - Vinyasa | Noyes Multipurpose Room | Melissa W. |
| Sat | 2:15PM | 3:15PM | ZUMBA® | Noyes Multipurpose Room | Abe |
| 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 - Mellow Flow | Noyes Multipurpose Room | Clare M. |
| Sun | 5:30PM | 6:30PM | ZUMBA® | Noyes Multipurpose Room | Hadassa |
| Sun | 6:45PM | 7:45PM | Spinning® Power Hour | Noyes Multipurpose Room | Devon |

