

Cornell Fitness Centers - Group Fitness Schedule

August 26th - December 20th, 2019

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	Ellie
Mon	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Mon	12:15PM	1:00PM	Muscle Pump	Noyes Multipurpose Room	Stephanie
Mon	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Mon	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Maya P.
Mon	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Carolyn
Mon	5:30PM	6:15PM	Spinning® Express	Helen Newman Hall Dance Studio	Jamie
Mon	5:30PM	6:30PM	CU Row (ShockWave)	Appel Commons - Multipurpose Room	Emily F.
Mon	6:00PM	7:00PM	OULA®	Noyes Multipurpose Room	Claire C.
Mon	6:30PM	7:15PM	Muscle Pump	Helen Newman Hall Dance Studio	Thais
Mon	6:45PM	7:45PM	ZUMBA®	Appel Commons - Multipurpose Room	Michelle F.
Mon	7:15PM	8:15PM	Body Blast	Noyes Multipurpose Room	Maya C.
Mon	8:30PM	9:30PM	Spinning®	Noyes Multipurpose Room	Harryette
Tue	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Tue	7:30AM	8:15AM	Spinning® Express	Noyes Multipurpose Room	Shivali
Tue	11:10AM	12:05PM	Yoga - Vinyasa	Teagle Multipurpose Room	Shira
Tue	12:15PM	1:00PM	Muscle Pump	Helen Newman Hall Dance Studio	Livia
Tue	12:15PM	1:00PM	ZUMBA® Toning	Bartels Hall - Ramin Room	Carol
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Shira
Tue	2:45PM	3:45PM	Power H.I.I.T.	Appel Commons - Fitness Center	Todd
Tue	4:00PM	4:45PM	Spinning® Express	Noyes Multipurpose Room	Jamie
Tue	4:00PM	5:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Todd
Tue	4:30PM	6:00PM	T'ai Chi - Beginning & Long Form	Helen Newman Hall Classroom	Maureen
Tue	5:00PM	5:45PM	Barre Express	Noyes Multipurpose Room	Emily E.
Tue	5:30PM	6:30PM	CU Row (ShockWave)	Appel Commons - Multipurpose Room	Carolyn
Tue	6:00PM	6:45PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Livia
Tue	6:00PM	7:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Linda
Tue	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Jana
Tue	6:45PM	7:45PM	ZUMBA®	Helen Newman Hall Dance Studio	Michelle F.
Tue	6:45PM	7:45PM	Body Blast	Appel Commons - Multipurpose Room	Cecilia
Tue	7:00PM	8:00PM	H.I.I.T. & Recover	Noyes Multipurpose Room	Shelsey
Tue	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Jacky
Tue	8:00PM	9:00PM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Wed	7:30AM	8:30AM	Yoga - Hatha Flow	Noyes Multipurpose Room	Veronica
Wed	11:10AM	12:05PM	Yoga - Iyengar	Teagle Multipurpose Room	Lisa
Wed	12:15PM	1:00PM	Big Red Boot Camp	Bartels Hall - Ramin Room	Livia
Wed	12:15PM	1:00PM	CU Row (ShockWave)	Appel Commons - Fitness Center	Jodi
Wed	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Wed	4:45PM	6:00PM	Spin® & Yoga	Noyes Multipurpose Room	Linda

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Wed	5:30PM	6:15PM	Spinning® Express	Helen Newman Hall Dance Studio	Wendy
Wed	6:15PM	7:15PM	Circuit 60	Noyes Multipurpose Room	Katie
Wed	6:30PM	7:15PM	Abs +	Helen Newman Hall Dance Studio	Wendy
Wed	7:30PM	8:15PM	Core & More	Noyes Multipurpose Room	Heather
Wed	8:30PM	9:30PM	ZUMBA®	Noyes Multipurpose Room	Michelle L.
Thu	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Thu	7:30AM	8:15AM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Livia
Thu	9:00AM	10:00AM	Yoga - Prenatal	Helen Newman Hall Classroom	Linda
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 - Vinyasa	Teagle Multipurpose Room	Jessica
Thu	12:15PM	1:15PM	Pilates - Mat	Noyes Multipurpose Room	Jenn
Thu	4:00PM	4:45PM	Spinning® Express	Noyes Multipurpose Room	Melissa B.
Thu	4:00PM	5:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Todd
Thu	4:30PM	6:00PM	T'ai Chi - Beginning & Long Form	Helen Newman Hall Classroom	Maureen
Thu	5:00PM	5:45PM	Barre Express	Noyes Multipurpose Room	Emily E.
Thu	5:30PM	6:30PM	CU Row (ShockWave)	Appel Commons - Multipurpose Room	Krista/Todd
Thu	6:00PM	6:45PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Emily E.
Thu	6:00PM	7:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Naomi
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Thu	6:45PM	7:45PM	ZUMBA®	Helen Newman Hall Dance Studio	Mihee
Thu	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Leah
Thu	7:00PM	8:15PM	Spin® & Strength	Noyes Multipurpose Room	Nancy
Thu	8:00PM	9:00PM	Spinning®	Helen Newman Hall Dance Studio	Rema
Fri	7:15AM	8:00AM	Barre Express	Helen Newman Hall Dance Studio	Melissa B.
Fri	12:00PM	1:00PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Veronica
Fri	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Fri	12:15PM	1:00PM	TRX® Express	Helen Newman Hall Classroom	Emily F.
Fri	12:15PM	1:00PM	CU Row (ShockWave)	Appel Commons - Fitness Center	Jamie
Fri	1:00PM	1:45PM	Aqua Fit	Helen Newman Hall Pool	Debbie
Fri	2:00PM	2:55PM	TRX® Circuit	Noyes Multipurpose Room	Linda
Fri	3:00PM	3:45PM	Power H.I.I.T. Express	Appel Commons - Fitness Center	Krista
Fri	3:15PM	4:15PM	Yoga - Rockin' Flow	Noyes Multipurpose Room	Linda
Fri	4:30PM	5:15PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Krista
Fri	5:00PM	6:00PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Lynn
Fri	5:30PM	6:15PM	Spinning® Express	Noyes Multipurpose Room	Ellie
Sat	9:30AM	10:30AM	Power H.I.I.T.	Appel Commons - Fitness Center	Wendy
Sat	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Jana
Sat	10:30AM	11:45AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Jacky
Sat	10:45AM	11:45AM	Power H.I.I.T.	Appel Commons - Fitness Center	Wendy
Sat	11:30AM	12:30PM	Spinning®	Noyes Multipurpose Room	Melissa W.
Sat	11:45AM	12:45PM	Pilates - Mat	Helen Newman Hall Dance Studio	Jana

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Sat	12:45PM	2:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Melissa W.
Sat	2:15PM	3:15PM	ZUMBA®	Noyes Multipurpose Room	Julia
Sun	10:30AM	11:20AM	UrbanKick® & H.I.I.T.	Helen Newman Hall Dance Studio	Cheryl
Sun	10:30AM	11:45AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Jacky/Lyndsey
Sun	11:45AM	1:00PM	Spinning® Power Hour	Helen Newman Hall Dance Studio	Rema
Sun	1:30PM	2:30PM	ZUMBA®	Noyes Multipurpose Room	Michelle L.
Sun	2:45PM	3:45PM	Yoga - Vinyasa	Noyes Multipurpose Room	Jiajing
Sun	4:00PM	4:45PM	Core & More	Noyes Multipurpose Room	Jing
Sun	5:00PM	6:15PM	Spinning® Power Hour	Noyes Multipurpose Room	Ibukun
Sun	6:30PM	7:30PM	Yoga - Mellow Flow	Noyes Multipurpose Room	Naomi

