

Cornell Fitness Centers - Group Fitness Schedule

August 20 - December 15, 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	7:10AM	8:15AM	Yoga - Hatha Flow	Teagle Multipurpose Room	Veronica
Mon	7:15AM	8:00AM	Barre Express	Helen Newman Hall Dance Studio	Melissa B.
Mon	7:45AM	8:30AM	Spinning® Express	Noyes Multipurpose Room	Joey
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	Muscle Pump	Noyes Multipurpose Room	Stephanie
Mon	12:15PM	1:00PM	ZUMBA®	Bartels Hall - Ramin Room	Cheryl
Mon	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Shelly
Mon	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Shelly
Mon	6:00PM	7:00PM	OULA	Noyes Multipurpose Room	Clare C.
Mon	5:30PM	6:15PM	Spinning® Watts Up	Helen Newman Hall Dance Studio	Wendy
Mon	5:30PM	6:30PM	ShockWave	Appel Commons - Multipurpose Room	Emily F.
Mon	6:30PM	7:15PM	Barre Express	Helen Newman Hall Dance Studio	Maggie
Mon	6:45PM	7:30PM	Body Blast	Appel Commons - Multipurpose Room	Maya
Mon	6:45PM	7:30PM	Power H.I.I.T. Express	Appel Commons - Fitness Center	Wendy
Mon	7:15PM	8:15PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Livia
Mon	8:30PM	9:30PM	Spinning®	Noyes Multipurpose Room	Sam
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	Barre Express	Helen Newman Hall Dance Studio	Emily E.
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	4:00PM	5:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Peg
Tue	4:30PM	6:00PM	T'ai Chi - Beginning & Long Form	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	6:00PM	7:00PM	Yoga - Ashtanga	Teagle Multipurpose Room	Valerie
Tue	6:15PM	7:00PM	TRX Express	Helen Newman Hall Classroom	Emily F.
Tue	6:30PM	7:15PM	Spinning® Express	Noyes Multipurpose Room	Harryette
Tue	6:45PM	7:45PM	UrbanKick® & H.I.I.T.	Helen Newman Hall Dance Studio	Livia
Tue	6:45PM	7:45PM	ZUMBA®	Appel Commons - Multipurpose Room	Dee
Tue	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Linda
Tue	7:30PM	8:30PM	Body Blast	Noyes Multipurpose Room	Michelle
Tue	8:00PM	9:00PM	Spinning®	Helen Newman Hall Dance Studio	Jamie
Wed	6:30AM	7:30AM	Spinning®	Helen Newman Hall Dance Studio	Jana
Wed	7:10AM	8:15AM	Yoga - Hatha Flow	Teagle Multipurpose Room	Veronica
Wed	7:30AM	8:15AM	Morning Crunch	Noyes Multipurpose Room	Maya
Wed	11:10AM	12:05PM	Yoga - Iyengar	Teagle Multipurpose Room	Lisa
Wed	11:30AM	12:15PM	Aqua ZUMBA®	Teagle Small Pool	Carol

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Wed	12:15PM	1:00PM	Cardio Dance	Bartels Hall - Ramin Room	Priscilla
Wed	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Jodi
Wed	12:15PM	1:15PM	Pilates - Mat	Teagle Multipurpose Room	Liz
Wed	2:30PM	3:15PM	Power H.I.I.T. Express	Appel Commons - Fitness Center	Emily E.
Wed	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Shelly
Wed	5:30PM	6:15PM	Spinning® Express	Helen Newman Hall Dance Studio	Lynn
Wed	6:30PM	7:15PM	Abs +	Helen Newman Hall Dance Studio	Heather
Wed	6:00PM	7:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Linda
Wed	7:15PM	8:15PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Emma
Wed	8:30PM	9:30PM	Spinning®	Noyes Multipurpose Room	Sydney
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	Stephanie
Thu	12:15PM	1:00PM	ZUMBA® Toning	Bartels Hall - Ramin Room	Carol
Thu	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Jessica
Thu	4:00PM	4:45PM	Barre Express	Noyes Multipurpose Room	Emily E.
Thu	4:30PM	6:00PM	T'ai Chi - Beginning & Long Form	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	Julia T.
Thu	6:00PM	7:00PM	Yoga - Ashtanga	Teagle Multipurpose Room	Valerie
Thu	6:15PM	7:00PM	TRX® Express	Helen Newman Hall Classroom	Lynn
Thu	6:30PM	7:15PM	Spinning® Express	Noyes Multipurpose Room	Ellie
Thu	6:45PM	7:45PM	Muscle Pump	Helen Newman Hall Dance Studio	Nancy
Thu	7:15PM	8:30PM	Yoga - Vinyasa	Helen Newman Hall Classroom	Leah
Thu	7:30PM	8:30PM	H.I.I.T. & Recover	Noyes Multipurpose Room	Natasha
Thu	8:00PM	9:00PM	Spinning®	Helen Newman Hall Dance Studio	Mike
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	7:10AM	8:15AM	Yoga- Ashtanga	Teagle Multipurpose Room	Shayna
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	ShockWave	Appel Commons - Fitness Center	Krista
Fri	2:00PM	3:15PM	Spinning® & Yoga	Noyes Multipurpose Room	Linda
Fri	3:30PM	4:15PM	UrbanKick® & H.I.I.T.	Noyes Multipurpose Room	Krista
Fri	4:30PM	5:15PM	Spinning® Express	Noyes Multipurpose Room	Madeline U.
Fri	4:30PM	5:30PM	Yoga - Mellow Flow	Helen Newman Hall Classroom	Brenna
Fri	5:35PM	6:30PM	TRX® Circuit	Noyes Multipurpose Room	Madeline U.
Fri	6:45PM	7:35PM	INSANITY LIVE®	Noyes Multipurpose Room	Mary Kate

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Sat	9:30AM	10:30AM	Power H.I.I.T.	Appel Commons - Fitness Center	Madeline U.
Sat	10:45AM	11:45AM	Power H.I.I.T.	Appel Commons - Fitness Center	Madeline U.
Sat	10:30AM	11:30AM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Sat	10:30AM	11:45AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Lyndsey
Sat	11:30AM	12:30PM	Spinning®	Noyes Multipurpose Room	Melissa W.
Sat	11:45AM	12:45PM	Cardio Fusion	Helen Newman Hall Dance Studio	Sabrina
Sat	12:45PM	2:00PM	Yoga - Vinyasa	Noyes Multipurpose Room	Melissa W.
Sat	2:15PM	3:15PM	ZUMBA®	Noyes Multipurpose Room	Julia W.
Sun	10:30AM	11:30AM	UrbanKick® & H.I.I.T.	Helen Newman Hall Dance Studio	Cheryl
Sun	11:45AM	1:00PM	Spinning® Power Hour	Helen Newman Hall Dance Studio	Lynn
Sun	1:30PM	2:30PM	Pilates - Mat	Noyes Multipurpose Room	Natasha
Sun	2:45PM	3:45PM	ZUMBA®	Noyes Multipurpose Room	Julia W.
Sun	4:00PM	5:15PM	Yoga - Mellow Flow	Noyes Multipurpose Room	Clare M.
Sun	5:30PM	6:45PM	Spinning® Power Hour	Noyes Multipurpose Room	Sydney
Sun	7:00PM	8:00PM	Body Blast	Noyes Multipurpose Room	Carolyn

