

Cornell Fitness Centers - Group Fitness Schedule

May 29 - August 10, 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	11:10AM	12:05PM	Yoga - Hatha Flow	Teagle Multipurpose Room	Jessica
Mon	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Veronica
Mon	12:15PM	1:00PM	Barre Express	Helen Newman Hall Dance Studio	Maggie/Melissa B.
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	6:30PM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Mon	6:00PM	7:00PM	Cardio Dance	Noyes Multipurpose Room	Priscilla
Tue	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
Tue	11:10AM	12:05PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel V.
Tue	12:15PM	1:00PM	Barre Express	Helen Newman Hall Dance Studio	Liz
Tue	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Rachel V.
Tue	4:30PM	6:00PM	T'ai Chi	Helen Newman Hall Classroom	Maureen
Tue	4:45PM	6:00PM	Spinning® & Yoga	Noyes Multipurpose Room	Linda
Tue	5:00PM	6:00PM	Spinning®	Helen Newman Hall Dance Studio	Jamie
Tue	5:00PM	6:00PM	Power H.I.I.T.	Appel Commons - Fitness Center	Peg
Tue	6:15PM	7:05PM	INSANITY LIVE	Noyes Multipurpose Room	Mary Kate
Wed	7:00AM	7:45AM	AquaFit	Helen Newman Hall 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	Cardio Fusion	Helen Newman Hall Dance Studio	Sabrina
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
Wed	4:45PM	5:45PM	TRX® Circuit	Noyes Multipurpose Room	Emily F.
Wed	5:30PM	6:30PM	Spinning®	Helen Newman Hall Dance Studio	Harryette
Wed	6:00PM	7:00PM	OULA®	Noyes Multipurpose Room	Claire C.
Thu	7:00AM	8:00AM	Yoga - Vinyasa	Helen Newman Hall Classroom	Melissa W.
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	Debbie
Thu	12:15PM	1:15PM	Yoga - Vinyasa	Teagle Multipurpose Room	Jessica
Thu	4:45PM	5:45PM	Spinning®	Noyes Multipurpose Room	Joey
Thu	5:00PM	6:00PM	Muscle Pump	Helen Newman Dance Studio	Nancy
Thu	6:00PM	7:00PM	Body Blast	Noyes Multipurpose Room	Carolyn
Fri	12:00PM	1:00PM	Yoga - Vinyasa	Teagle Multipurpose Room	Lennessa
Fri	12:15PM	1:00PM	ZUMBA®	Helen Newman Hall Dance Studio	Cheryl
Fri	12:15PM	1:00PM	ShockWave	Appel Commons - Fitness Center	Emily F.
Fri	4:30PM	5:30PM	Yoga - Mellow Flow	Helen Newman Hall Classroom	Brenna

