

# Campus Recreation Spring Fitness Classes

PRICING: Students: FREE to attend all classes. Staff, Faculty, Alumni : \$3.00 drop in or \$25.00 for 10 punch card.

Community: \$7.00 drop in or \$50.00 for 10 punch card. PAYMENT MUST BE MADE AT THE FRONT DESK PRIOR TO CLASS!!!

Classes are subject to change at any time and will be posted on social media.

Facebook: Saint Joseph's College Campus Recreation. Instagram: sjccampusrec.

updated 1.9.18

**MON**

**TUES.**

**WED.**

**THURS.**

**FRI.**

**SAT.**

Triple Threat  
12pm-12:45pm

Beginner Spin  
4pm-4:45pm

Body by Britt  
5pm-5:45pm



PosterMyWall.com

Core Fusion  
12pm-12:45pm

TABATA  
1pm-1:30pm

Cardio Strength  
4:30pm-5:15pm

Advanced Spin  
5:30pm-6:15pm

Piloxing  
6:30pm-7:15pm

Zumba  
12pm-12:45pm

Back on Track  
12pm-12:45pm

Pilates  
3pm-3:45pm

Pilates  
4pm-4:45pm

Cardio Sport  
5pm-5:50pm

Yoga  
12pm-12:45pm

BODYSHRED  
1pm-1:45pm

Core de Force  
5pm-5:45pm

PIYO  
6pm-6:45pm

Zumba  
7pm-7:45pm

Pedal Power  
Spin  
12pm-12:45pm

**SPIN CLASS PROCEDURE:**  
7 spin bikes available per class. To sign up you must call 893-6650 or sign in at the front desk to get your name on the list. We will start taking names 60 minutes before the class starts. Bikes will be 1st come, 1st serve.

Classes will be  
January 15th -  
May 4th

**SUN.**

Get Fit with Britt  
1pm-1:45pm

Pound  
4pm-4:45pm