

# FIT PASS CLASSES SPRING 2017

MONDAY		
MP#3	6:15-7:00am	Sunrise Cycle
MP#2	6:30-7:15am	<b>BODYPUMP®</b>
MP#2	7:30am-8:30am	<b>BODYPUMP®</b>
MP#1	8:00-9:00am	Power Flow
MP#1	12:10-12:55pm	Vinyasa Yoga
MP#2	12:10-12:55pm	<b>BODYPUMP®</b>
MP#3	12:10-12:55pm	Cycle Express
MP#1	1:05-1:35pm	Core Flow
MP#2	1:05-1:35pm	Core Fit
MP#2	4:00-5:00pm	<b>BODYPUMP®</b>
MP#1	5:15-6:00pm	Cardio Kick
MP#2	5:15-6:15pm	<b>BODYPUMP®</b>
MP#3	5:15-6:00pm	Cycle Fit
MP#1	6:30-7:30pm	Sunset Yoga
MP#2	6:30-7:30pm	<b>BODYPUMP®</b>

TUESDAY		
MP#2	6:15-7:15am	<b>BODYPUMP®</b>
ATR	6:15-7:00am	Get Up! Get Fit!
MP#3	7:00-7:45am	Rise&Ridel
MP#1	7:00-8:00am	Sunrise Yoga
MP#2	7:30-8:30am	<b>BODYPUMP®</b>
MP#1	12:10-12:55pm	Hatha Flow
MP#3	12:10-12:55pm	Cycle Express
MP#2	12:10-12:55pm	<b>BODYPUMP®</b>
WR#2	12:10-12:55pm	Body Blitz
MP#2	1:05-1:35pm	Beaver HIIT
MP#2	3:30-4:00pm	Butts&Gutts!
MP#1	4:00-5:00pm	Hatha Yoga
MP#2	4:15-5:00pm	Dirty 30
MP#3	4:15-5:00pm	Make It Count Cycle
MP#3	5:15-5:45pm	Cycle HIIT
MP#1	5:15-6:15pm	Zumba
MP#2	5:15-6:15pm	<b>BODYPUMP®</b>
MP#2	6:30-7:30pm	<b>BODYPUMP®</b>

WEDNESDAY		
MP#3	6:15-7:00am	Sunrise Cycle
MP#2	6:30-7:15am	<b>BODYPUMP®</b>
MP#2	7:30am-8:30am	<b>BODYPUMP®</b>
MP#1	8:00-9:00am	Power Flow
MP#1	12:10-12:55pm	Vinyasa Yoga
MP#2	12:10-12:55pm	<b>BODYPUMP®</b>
MP#3	12:10-12:55pm	Cycle Express
MP#1	1:05-1:35pm	Core Flow
MP#2	1:05-1:35pm	Core Fit
MP#2	4:00-5:00pm	<b>BODYPUMP®</b>
MP#1	5:15-6:00pm	Cardio Kick
MP#2	5:15-6:15pm	<b>BODYPUMP®</b>
MP#3	5:15-6:00pm	Cycle Fit
MP#1	6:30-7:30pm	Sunset Yoga
MP#2	6:30-7:30pm	<b>BODYPUMP®</b>

THURSDAY		
MP#2	6:15-7:15am	<b>BODYPUMP®</b>
ATR	6:15-7:00am	Get Up! Get Fit!
MP#3	7:00-7:45am	Rise&Ridel
MP#1	7:00-8:00am	Sunrise Yoga
MP#2	7:30-8:30am	<b>BODYPUMP®</b>
MP#1	12:10-12:55pm	Hatha Flow
MP#3	12:10-12:55pm	Cycle Express
MP#2	12:10-12:55pm	<b>BODYPUMP®</b>
WR#2	12:10-12:55pm	Body Blitz
MP#2	1:05-1:35pm	Beaver HIIT
MP#2	3:30-4:00pm	Butts&Gutts!
MP#1	4:00-5:00pm	Hatha Yoga
MP#2	4:15-5:00pm	Dirty 30
MP#3	4:15-5:00pm	Make It Count Cycle
MP#3	5:15-5:45pm	Cycle HIIT
MP#1	5:15-6:15pm	Zumba
MP#2	5:15-6:15pm	<b>BODYPUMP®</b>
MP#2	6:30-7:30pm	<b>BODYPUMP®</b>

FRIDAY		
MP#2	7:30-8:30am	<b>BODYPUMP®</b>
MP#1	8:00-9:00am	Flow Yoga
MP#1	12:10-12:55pm	Vinyasa Flow
MP#2	12:10-12:55pm	<b>BODYPUMP®</b>
MP#3	12:10-12:55pm	Cycle Express
MP#2	1:05-1:35pm	CoreFit
MP#1	4:00-5:00pm	Flow Yoga
MP#3	4:15-5:00pm	Happy Hour Cycle
MP#1	5:15-6:15pm	Zumba
MP#2	5:15-6:15pm	<b>BODYPUMP®</b>

SATURDAY		
MP#2	10:30-11:30am	<b>BODYPUMP®</b>
MP#2	12:00-1:00pm	Zumba

SUNDAY		
MP#3	4:00-4:45pm	Spin w/Sara
MP#1	5:00-6:00pm	Vinyasa Flow
MP#2	5:00-6:00pm	<b>BODYPUMP®</b>
MP#2	6:30-7:30pm	Zumba

Revised March 20th, 2017

- MP#1 Multipurpose Room 1
- MP#2 Multipurpose Room 2
- MP#3 Multipurpose Room 3
- WR#2 Weight Room 2
- ATR Atrium

ONE class **\$7**  
 TERM unlimited pass **\$50**

Spring Fit Pass Classes begin **Monday, April 3rd** and end **Wednesday, June 14th.**  
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This publication will be made available in an accessible alternative format upon request. Please contact Recreational Sports/Tina Clawson at 541-737-6830.