### Monday
- **7:30 - 8:30 a.m.** Power Flow Yoga
  - Multipurpose Room #3
- **7:30 - 8:30 a.m.** Top 45
  - Cycling Studio
- **6:00 - 6:15 p.m.** Zumba
  - Multipurpose Room #2
- **5:15 - 6:15 p.m.** Body Blitz
  - Multipurpose Room #1
- **10:05 - 10:15 a.m.** Journey 30
  - Cycling Studio
- **11:00 - 11:15 a.m.** Strength & Balance Yoga
  - Multipurpose Room #2

### Tuesday
- **7:00 - 8:00 a.m.** Zumba
  - Multipurpose Room #1
- **7:00 - 8:00 a.m.** Sunrise Yoga
  - Multipurpose Room #3
- **7:30 - 8:30 a.m.** Top 45
  - Cycling Studio
- **10:05 - 10:15 a.m.** Journey 30
  - Cycling Studio
- **11:00 - 11:15 a.m.** Strength & Balance Yoga
  - Multipurpose Room #3

### Wednesday
- **7:30 - 8:30 a.m.** Power Flow Yoga
  - Multipurpose Room #3
- **7:30 - 8:30 a.m.** Vinyasa Yoga
  - Multipurpose Room #3
- **10:05 - 10:15 a.m.** Journey 30
  - Cycling Studio
- **11:00 - 11:15 a.m.** Club Sweat
  - Cycling Studio

### Thursday
- **7:00 - 8:00 a.m.** Zumba
  - Multipurpose Room #1
- **7:00 - 8:00 a.m.** Top 45
  - Cycling Studio
- **7:30 - 8:30 a.m.** Viniyasa Yoga
  - Multipurpose Room #3
- **10:05 - 10:15 a.m.** Journey 30
  - Cycling Studio
- **11:00 - 11:15 a.m.** Club Sweat
  - Cycling Studio

### Friday
- **7:30 - 8:30 a.m.** Power Flow Yoga
  - Multipurpose Room #3
- **7:30 - 8:30 a.m.** Top 45
  - Cycling Studio
- **8:00 - 8:45 a.m.** Zumba
  - Multipurpose Room #3
- **9:00 - 10:15 a.m.** Body Blitz
  - Multipurpose Room #2

### Saturday
- **9:30 - 10:15 a.m.** Club Sweat
  - Cycling Studio

### Sunday
- **4:15 - 4:45 p.m.** Journey 30
  - Cycling Studio
- **5:00 - 5:45 p.m.** Body Blitz
  - Multipurpose Room #2
- **5:00 - 5:45 p.m.** High Intensity Interval Training (HIIT)
  - Multipurpose Room #3
- **5:00 - 5:45 p.m.** Flow Yoga
  - Multipurpose Room #1

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**Fall Group Fitness classes begin Sept. 25 and end Dec. 11 at 2 p.m.**

**NO CLASSES** on Nov. 11 for Veterans Day and from Nov. 28 - Dec. 1 for Thanksgiving.

To learn more, visit: recsports.oregonstate.edu/fitness

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**For alternative formats or accommodations related to a disability, please contact Recreational Sports/Tina Clawson at 541-737-6830 or Tina.Clawson@oregonstate.edu**