



# TR Harris Wellness Center

## Group Fitness Schedule – June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>YOGA</b> 5:15 – 6:15 (TR Harris)	2 <b>REFIT</b> 3:00 – 3:45
5 <b>Tai Chi</b> 3:30 – 4:30 <b>Mixed Fit</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	6 <b>YOGA</b> 5:15 – 6:15	7 <b>REFIT</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	8 <b>YOGA</b> 5:15 – 6:15 (TR Harris)	9 <b>Mixed Fit</b> 3:00 – 3:45
12 <b>Tai Chi</b> 3:30 – 4:30 <b>REFIT</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	13 <b>YOGA</b> 5:15 – 6:15	14 <b>Mixed Fit</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	15 <b>YOGA</b> 5:15 – 6:15 (TR Harris)	16 <b>REFIT</b> 3:00 – 3:45
19 <b>Tai Chi</b> 3:30 – 4:30 <b>Mixed Fit</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	20 <b>YOGA</b> 5:15 – 6:15	21 <b>REFIT</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	22 <b>YOGA</b> 5:15 – 6:15 (TR Harris)	23 <b>Mixed Fit</b> 3:00 – 3:45
26 <b>Tai Chi</b> 3:30 – 4:30 <b>REFIT</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	27 <b>YOGA</b> 5:15 – 6:15	28 <b>Mixed Fit</b> 5:30 – 6:15 <b>Cardio Stretch &amp; Tone</b> 6:15 – 6:45	29 <b>YOGA</b> 5:15 – 6:15 (TR Harris)	30 <b>REFIT</b> 3:00 – 3:45

All classes are located in the Wellness Center unless otherwise noted

TR Harris → Located on the 2<sup>nd</sup> floor of the Grover Building (turn right off the elevator, go to end of the hall)

