## Group Exercise Schedule July 29th – August 9th

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Masters Swimming - Pool Mitch 6:00-7:00am</td>
<td>INSANITY – Outside Devan 7:00-7:45am</td>
<td>Cardio HIIT - Outside Katie (only 8/9) 7:30-8:15am</td>
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<td>Intermediate TRX – 2nd Floor SanDee 7:00-7:45am</td>
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<tr>
<td>Cardio HIIT - Outside</td>
<td>Katie</td>
<td>7:30-8:15am</td>
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<tr>
<td>Vinyasa Yoga - Outside</td>
<td>Lauren</td>
<td>8:30-9:30am</td>
<td>Vinyasa Yoga - Outside Lauren</td>
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<tr>
<td>Zumba – Pool Zena (only 8/5) 12:15-1:00pm</td>
<td>TRX - 2nd Floor Nadine 12:15-1:00pm</td>
<td>Roll with It – Gym Nadine (7/31) 12:15-1:00pm</td>
<td>TRX - 2nd Floor Nadine 12:15-1:00pm</td>
<td>HIIT – Gym Nadine 12:15-1:00pm</td>
<td>Masters Swimming – Pool Sam 12:30-1:30pm</td>
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<td>Water Works – Pool Mary 5:30-6:15pm</td>
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<tr>
<td>Masters Swimming – Pool Mitch 6:00-7:00pm</td>
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<td></td>
<td>Spider Strength – Outdoor Andriana 6:45-7:30pm</td>
<td>Tennis Kevin 6:30-8:00pm</td>
<td>Spider Strength – Outdoor Andriana 6:45-7:30pm</td>
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**Health & Well-being UNIVERSITY RECREATION**

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