

Group Exercise Schedule July 29th – August 9th

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



recreation.richmond.edu