# NORTHWESTERN UNIVERSITY RECREATION
## GROUP EXERCISE SCHEDULE
### SPRING BREAK | March 19 – April 3

**MONDAY**
- **HIIT**
  6:15 – 6:45 a.m.
  Studio 1AB | Debbie
- **Core Conditioning**
  6:45 – 7:15 a.m.
  Studio 1AB | Debbie
- **Aqua Fitness**
  8:30 – 9:30 a.m.
  Pool | Joy
- **Vinyasa Flow**
  Noon – 1:00 p.m.
  Studio 2 | Jenny
- **HIIT**
  Noon – 12:30 p.m.
  Studio 1AB | Rachelle
- **BODYPUMP™**
  12:30 – 1:00 p.m.
  Studio 1AB | Rachelle
- **Pilates Barre**
  5:30 – 6:30 p.m.
  Studio 2 | Sandy
- **Zumba®**
  5:30 – 6:30 p.m.
  Studio 1AB | David/Cathy

**TUESDAY**
- **Cycle Express**
  6:10 – 6:50 a.m.
  Spin Studio | Rachel S.
- **Sunrise Yoga**
  7:00 – 8:00 a.m.
  Studio 2 | Tabitha
- **Ashtanga Yoga**
  5:30 – 6:30 p.m.
  Studio 2 | Cat
- **BODYPUMP™**
  6:15 – 7:15 a.m.
  Studio 1A | Martin
- **Functional Fitness**
  7:00 – 8:00 a.m.
  Studio 1B | Maureen
- **Aqua Fitness**
  8:30 – 9:30 a.m.
  Pool | Maureen
- **BODYPUMP™**
  Noon – 1:00 p.m.
  Studio 1AB | Paul
- **Vinyasa Flow**
  Noon – 1:00 p.m.
  Studio 2 | Julie S.

**WEDNESDAY**
- **HIIT**
  6:15 – 6:45 a.m.
  Studio 1AB | Debbie
- **Core Conditioning**
  6:45 – 7:15 a.m.
  Studio 1AB | Debbie
- **Aqua Fitness**
  8:30 – 9:30 a.m.
  Pool | Joy
- **Vinyasa Flow**
  Noon – 1:00 p.m.
  Studio 2 | Jenny
- **HIIT**
  Noon – 12:30 p.m.
  Studio 1AB | Vladimir
- **BODYPUMP™**
  12:30 – 1:00 p.m.
  Studio 1AB | Vladimir
- **Pilates-Yoga Fusion***
  5:30 – 6:30 p.m.
  Studio 1AB | Cat
- **WERQ®**
  5:30 – 6:30 p.m.
  Studio 1AB | Kristy

**THURSDAY**
- **Cycle Express**
  6:10 – 6:50 a.m.
  Spin Studio | Debbie
- **Sunrise Yoga**
  7:00 – 8:00 a.m.
  Studio 1B | Maureen
- **Aqua Fitness**
  8:30 – 9:30 a.m.
  Pool | Maureen
- **BODYPUMP™**
  Noon – 1:00 p.m.
  Studio 1AB | Paul
- **Vinyasa Flow**
  Noon – 1:00 p.m.
  Studio 2 | Donna
- **Cycle Express**
  12:10 – 12:50 p.m.
  Spin Studio | Vladimir
- **BODYPUMP™**
  5:30 – 6:30 p.m.
  Studio 1AB | Paul
- **Yoga Basics**
  5:30 – 6:30 p.m.
  Studio 2 | Anna

**FRIDAY**
- **Aqua Fitness**
  8:30 – 9:30 a.m.
  Pool | Maureen
- **Power Yoga**
  Noon – 1:00 p.m.
  Studio 2 | John
- **HIIT**
  Noon – 12:30 p.m.
  Studio 1AB | Vladimir
- **BODYPUMP™**
  9:30 – 10:30 a.m.
  Studio 1AB | Paul
- **Yoga Basics**
  9:30 – 10:30 a.m.
  Studio 2 | Donna
- **Cycle Express**
  12:10 – 12:50 p.m.
  Spin Studio | Vladimir
- **BODYPUMP™**
  5:30 – 6:30 p.m.
  Studio 1AB | Paul
- **Yoga Basics**
  11:00 a.m. – Noon
  Studio 2 | John
- **Yoga Basics**
  11:00 a.m. – Noon
  Studio 2 | Gosia

**SATURDAY**
- **Cycle Challenge**
  8:15 – 9:15 a.m.
  Spin Studio | Tina Marie
- **BODYPUMP™**
  9:30 – 10:30 a.m.
  Studio 1AB | Paul
- **Yoga Basics**
  9:30 – 10:30 a.m.
  Studio 2 | Donna
- **Vinyasa Flow**
  11:00 a.m. – Noon
  Studio 2 | John

**SUNDAY**
- **Yoga Basics**
  11:00 a.m. – Noon
  Studio 2 | Gosia

---

*New class formats*

All classes take place in the Henry Crown Sports Pavilion and Norris Aquatics Center.