

ROCKET EX



Fall 2021 Group Classes

Student Recreation Center - Main Campus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates 5:15 - 6:00 p.m. FS Kayla	RocketCycle 6:15 - 7:00 a.m. CR Holly	CORE 12:15 - 1:00 p.m. FS Waverly	RocketCycle 6:15 - 7:00 a.m. CR Holly	Yoga 9:00 - 9:45 a.m. FS Jacob
	Full Body Burn 12:15 - 1:00 p.m. FS Lauren	RocketCycle 4:00 - 4:45 p.m. CR Holly	Splash Dance 5:00 - 5:45 p.m. LP Waverly	
		RocketCycle 5:00 - 5:45 p.m. CR Holly	Yoga 5:15 - 6:00 p.m. FS Jacob	
			Aqua Strength and Toning 6:00 - 6:45 p.m. LP Waverly	

Morse Fitness Center-Health Science Campus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba 5:15 - 6:00 p.m. Dil	Cardio Drumming 12:15 - 1:00 p.m. Waverly	Zumba 5:15 - 6:00 p.m. Dil	Zumba 6:00 - 7:00 a.m. Dil	
			CORE 12:15 - 1:00 p.m. Waverly	
			Boot Camp 5:15 - 6:00 p.m. Melissa	

ALL CLASSES REQUIRE REGISTRATION IN ADVANCE

Register for classes at utreccenter.com or through the Fusion Go app.

KEY:
CR: Cycling Room | FS: Fitness Studio | LP: Leisure Pool



Recreational Services