Student Recreation Center (Main Campus)

Monday
- 6:15-7 am Rocket Cycle
  Nikki (CR)
- 12-1 pm Total Body Tone
  Hannah (FS)
- 1-1:15 pm Six Pack Attack
  Hannah (FS)
- 6:45-7:45 pm Athletic Conditioning
  Michelle (FS)

Tuesday
- 6:15-7 am Rocket Cycle
  Nikki (CR)
- 9-10 am Kickboxing
  Shelly (FS)
- 10-11 am Zumba
  Shelly (FS)
- 5:30-6:15 pm Rocket Cycle
  Lauren (CR)
- 5:30-6:30 pm TRX
  Lindy (TRX)

Wednesday
- 6:15-7 am Rocket Cycle
  Nikki (CR)
- 12-1 pm Total Body Tone
  Hannah (FS)
- 1-1:15 pm Six Pack Attack
  Hannah (FS)
- 6:45-7:45 pm Athletic Conditioning
  Drew (FS)

Thursday
- 6:15-7 am Rocket Cycle
  Holly (CR)
- 9-10 am Kickboxing
  Shelly (FS)
- 10-11 am Zumba
  Shelly (FS)
- 5:30 - 6:15 pm Rocket Cycle
  Lauren (CR)
- 5:30 - 6:15 pm Thrive in 45
  Michelle (FS)
- 7-8 pm Water Line Dancing
  Waverly (LP)

Friday
- 5:30 - 6:30 PM Zumba
  Paola

CR - Cycling room
FS - Fitness Studio
LP - Leisure Pool
TRX - TRX Area
WR - Willow Room

Morse Fitness Center (Health Science Campus)

Monday
- 11:30 am-12 pm Spin & Sculpt
  Lauren

Tuesday
- 5:30-6:30 pm Cardio Drumming
  Waverly

Wednesday
- 12-12:30 pm TRX
  Jocelyn
- 4:30-5:30 pm Rocket Cycle
  Holly

Thursday
- 12 - 12:30 pm Trackside Fitness
  Rocket Wellness
- 5:30 - 6:30 pm Cardio Drumming
  Waverly

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419-383.5370 (MORSE)
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SCHEDULE SUBJECT TO CHANGE!
SCAN THE QR CODE AND FOLLOW ON TWITTER FOR CLASS CANCELLATIONS