

FALL FINALS 2019: DECEMBER 9-13

# GROUPX SCHEDULE

**MONDAY**

REPS & SETS

**6:15AM - 7:00AM**  
with Amy



**TUESDAY**

PILATES

**6:15AM - 7:00AM**  
with Amy



**WEDNESDAY**

CYCLE

**6:15AM - 7:00AM**  
with Kevin



**THURSDAY**

YOGA

**7:30AM - 8:15AM**  
with Emily



**FRIDAY**

REPS & SETS

**11:30AM - 12:15PM**  
with Christina



POWER YOGA

**11:30AM - 12:15PM**  
with Rachel



REPS & SETS

**11:30AM - 12:15PM**  
with Jenna



CYCLE & TONE

**11:30AM - 12:15PM**  
with Kayce



CIRCUIT

**4:45PM - 5:30PM**  
with Hunter



REPS & SETS

**5:00PM - 5:45PM**  
with Hunter



TRIPLE THREAT

**4:15PM - 5:00PM**  
with Katherine



CIRCUIT

**5:00PM - 5:45PM**  
with Hunter



**POUND**

ROCKOUT WORKOUT.  
**6:00PM - 6:45PM**  
with Megan



AQUA FIT

**5:15PM - 6:00PM**  
with Jenna



POWER YOGA

**5:00PM - 5:45PM**  
with Rachel



AQUA FIT

**5:15PM - 6:00PM**  
with Jenna



CARDIO CRAZE

**6:00PM - 6:45PM**  
with Clay



CYCLE

**6:15PM - 7:00PM**  
with Kevin



CARDIO CRAZE

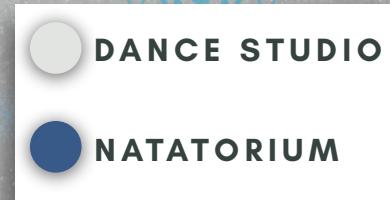
**6:00PM - 6:45PM**  
with Clay



LET'S

MOVE

TOGETHER



**groupX**

**WKU**  
Campus  
Recreation  
& Wellness

**Health &  
FITNESS Lab**

**WELL**