

SPRING 2020: JANUARY 27 - MARCH 7

GROUPX SCHEDULE

MONDAY

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



TUESDAY

TOPPER
ENDURANCE
6:15AM - 7:00AM
with Amy



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



WEDNESDAY

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



TOPPER
POWER
11:30AM - 12:15PM
with Jenna



THURSDAY

TOPPER
ENDURANCE
11:30AM - 12:15PM
with Jenna



FRIDAY

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



TOPPER
POWER
11:30AM - 12:15PM
with Katherine



CYCLE & TONE
1:00PM - 1:45PM
with Kayce



TOPPER
POWER
11:30AM - 12:15PM
with Katherine



TOPPER
ENDURANCE
11:30AM - 12:15PM
with Hunter



SOUL YOGA
4:00PM - 4:45PM
with Cre



RHYTHM RIDE
4:00PM - 4:45PM
with Christina



TOPPER
ENDURANCE
4:00PM - 4:45PM
with Christina



ZUMBA
5:00PM - 5:45PM
with Asia



YOGA
5:00PM - 5:45PM
with Megan



ZUMBA
5:00PM - 5:45PM
with Julie



POUND
4:00PM - 4:45PM
with Megan



YOGA
5:00PM - 5:45PM
with Emily



AQUA FIT
5:15PM - 6:00PM
with Anna



TOPPER
ENDURANCE
6:00PM - 6:45PM
with Hunter



CARDIO CRAZE
6:00PM - 6:45PM
with Clay



CYCLE
6:00PM - 6:45PM
with Kevin



CARDIO CRAZE
6:00PM - 6:45PM
with Clay



SATURDAY

PILATES
10:00AM - 10:45AM
with Kelly



groupX

SPRING

INTO

FITNESS

● DANCE STUDIO
● NATATORIUM



** EARN WELLU® CREDIT



WKU.EDU/CRW/HEALTHFITNESSLAB/GROUPX

f t i @WKURECWELL