

SPRING 2020: JANUARY 27 - MARCH 7

GROUPX SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



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



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



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



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



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



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



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



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 Megan



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



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



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



INTO
FITNESS



WKU
Campus
Recreation
& Wellness

WKU.EDU/CRW/HEALTHFITNESSLAB/GROUPX

**EARN WELLU® CREDIT

@WKURECWELL



SATURDAY

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



group



DANCE STUDIO

NATATORIUM