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<tr>
<td>7:30 AM</td>
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<td>8:30 AM</td>
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<tr>
<td>11:00 AM</td>
<td>Hot Vinyasa Yoga</td>
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<td>12:00 PM</td>
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<td>Laura</td>
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<tr>
<td>1–1:30 PM</td>
<td>NEW! Ab Lab</td>
<td>Laura</td>
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<tr>
<td>3:00 PM</td>
<td>Zumba</td>
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<td>Butts 'n Guts</td>
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<tr>
<td>5:30–6 PM</td>
<td>Arms 'n Abs</td>
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<td>9:30 AM</td>
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<td>11:00 AM</td>
<td>Zumba</td>
<td>Carol</td>
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<td>1:00 PM</td>
<td>NEW! BOSU Circuits</td>
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<td>Shruti</td>
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<td>3275</td>
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<td>9:00 PM</td>
<td>NEW! Yoga for Relaxation</td>
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<td>9:00 PM</td>
<td>Masters Swim</td>
<td>Alicia</td>
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**Free Week! September 8–14**

**CCRB—Central Campus Recreation Building**

**TUESDAY, SEPTEMBER 8**

**WEDNESDAY, SEPTEMBER 9**

**THURSDAY, SEPTEMBER 10**

<table>
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<tr>
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<td>Kickboxing</td>
<td>Ramona</td>
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<tr>
<td>12–12:30 PM</td>
<td>NEW! Active Recovery</td>
<td>Ramona</td>
<td>3275</td>
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<tr>
<td>12:00 PM</td>
<td>NEW! Gentle Yoga (note location)</td>
<td>Amanda</td>
<td>555 S Forest</td>
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<tr>
<td>12:00 PM</td>
<td>Beginner Yoga</td>
<td>Amy U</td>
<td>3060</td>
</tr>
<tr>
<td>Time</td>
<td>Class</td>
<td>Instructor</td>
<td>Time</td>
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<tr>
<td>1:00 PM</td>
<td>Zumba</td>
<td>Camille</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>INSANITY</td>
<td>Katy</td>
<td>4:00 PM</td>
</tr>
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<td>4:00 PM</td>
<td>Kettlebell</td>
<td>Bob</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>DanceJam/Stretch</td>
<td>Gabriella</td>
<td>6:00 PM</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Zumba Toning</td>
<td>Carol</td>
<td>8:00 PM</td>
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<tr>
<td>8:00 PM</td>
<td>NEW! Yoga for Health &amp; Wellness</td>
<td>Billie</td>
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**FRIDAY, SEPTEMBER 11**

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<tr>
<td>7:30 AM</td>
<td>Super Circuits</td>
<td>Laura</td>
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<td>20-20-20</td>
<td>Jo</td>
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<tr>
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<td>Sunrise Vinyasa Yoga</td>
<td>Danielle R</td>
<td>1:00 PM</td>
<td>20-20-20</td>
<td>Jo</td>
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<tr>
<td>8:30 AM</td>
<td>Kettlebell</td>
<td>Laura</td>
<td>2:30 PM</td>
<td>DanceJam/Stretch</td>
<td>Gabriella</td>
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<tr>
<td>8:30 AM</td>
<td>Power Yoga</td>
<td>Danielle R</td>
<td>3:00 PM</td>
<td>Kettlebell</td>
<td>Bob</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Body Sculpt</td>
<td>Jo</td>
<td>4–4:30 PM</td>
<td>HIIT It!</td>
<td>Bob</td>
</tr>
<tr>
<td>12:30–1 PM</td>
<td>NEW! Foam Roller Workout</td>
<td>Jo</td>
<td>4:00 PM</td>
<td>Zumba</td>
<td>Courtney</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>20-20-20</td>
<td>Jo</td>
<td>4:30–5 PM</td>
<td>NEW! Body Weight Training</td>
<td>Bob</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>DanceJam/Stretch</td>
<td>Gabriella</td>
<td>5:00 PM</td>
<td>NEW! Swing with Hot Salsa</td>
<td>Peter/Linda</td>
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<tr>
<td>3:00 PM</td>
<td>Kettlebell</td>
<td>Bob</td>
<td>6:00 PM</td>
<td>PiYo</td>
<td>Kaleigh</td>
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<tr>
<td>4–4:30 PM</td>
<td>HIIT It!</td>
<td>Bob</td>
<td>7–7:30 PM</td>
<td>Tabata-Bing Tabata-Boom</td>
<td>Van</td>
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<tr>
<td>4:00 PM</td>
<td>Zumba</td>
<td>Courtney</td>
<td>7:30–8 PM</td>
<td>Ab Lab</td>
<td>Van</td>
</tr>
<tr>
<td>4:30–5 PM</td>
<td>NEW! Body Weight Training</td>
<td>Bob</td>
<td>8:00 PM</td>
<td>20-20-20</td>
<td>Van</td>
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**SATURDAY, SEPTEMBER 12**

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<td>Kundalini Yoga for Anxiety/Depression</td>
<td>Victoria</td>
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<td>Zumba Toning</td>
<td>Tricia</td>
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<td>12:00 PM</td>
<td>Zumba Toning</td>
<td>Tricia</td>
<td>1:00 PM</td>
<td>NEW! Zumba Sentao</td>
<td>Tricia</td>
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<tr>
<td>1:00 PM</td>
<td>NEW! R.I.P.P.E.D.</td>
<td>Kaleigh</td>
<td>2:00 PM</td>
<td>Tabata-Bing Tabata-Boom</td>
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<td>NEW! R.I.P.P.E.D.</td>
<td>Kaleigh</td>
<td>3–3:30 PM</td>
<td>Tabata-Bing Tabata-Boom</td>
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<td>Van</td>
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<td>Bootcamp</td>
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<td>Bootcamp</td>
<td>Van</td>
<td>4:30–5 PM</td>
<td>Ab Lab</td>
<td>Van</td>
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<tr>
<td>4:30–5 PM</td>
<td>NEW! Body Sculpt</td>
<td>Van</td>
<td>5:00 PM</td>
<td>Body Sculpt</td>
<td>Camille</td>
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<td>Body Sculpt</td>
<td>Van</td>
<td>6:00 PM</td>
<td>Zumba</td>
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**SUNDAY, SEPTEMBER 13**

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<td>Vivianne</td>
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<td>Zumba</td>
<td>Anjali</td>
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<td>NEW! Active Recovery</td>
<td>Van</td>
<td>12:00 PM</td>
<td>Zumba</td>
<td>Anjali</td>
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<tr>
<td>1:00 PM</td>
<td>DanceJam</td>
<td>Rachel</td>
<td>1:30 PM</td>
<td>Body Sculpt</td>
<td>Van</td>
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<td>Van</td>
<td>2:00 PM</td>
<td>Hip Hop Cardio</td>
<td>Rachel</td>
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<td>Hip Hop Cardio</td>
<td>Van</td>
<td>3:00 PM</td>
<td>Vinyasa Yoga</td>
<td>Danielle F</td>
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<td>Danielle F</td>
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<td>7:00 PM</td>
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<td>8:00 AM</td>
<td>Zumba Step</td>
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<td>Amy H</td>
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<td>9:00 PM</td>
<td>Masters Swim</td>
<td>Chris</td>
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**NCRB—North Campus Recreation Building**

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