

# FALL FITNESS SESSIONS 2017!

Updated 8/22/17

**45 FREE** group classes for A&M faculty & staff employees!

**Schedule August 28 – December 5**

In addition to our FREE fitness sessions across Texas A&M University, *WELLNESS WORKS!* has partnered with Texas A&M Rec Sports and Piranha Fitness Studios to offer more FREE fitness classes for faculty and staff!

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am <b>Cardio Fusion</b> Rec Center Room 302	7:00 am – 7:45 am <b>Cardio Water</b> Rec Center Indoor Pool	6:30 am – 7:15 am <b>Cycle 30</b> Rec Center Room 302	7:00 am – 7:45 am <b>Cardio Water</b> Rec Center Indoor Pool	6:30 am – 7:30 am <b>Sunrise Yoga</b> Rec Center Room 301
	7:00 am – 7:45 am <b>Cycling</b> Piranha Fitness		7:00 am – 7:45 am <b>Cycling</b> Piranha Fitness	
	11:45 am – 12:30 pm <b>Yoga</b> MSC Stark Gallery	11:45 am – 12:30 pm <b>Pilates</b> MSC Stark Gallery	11:45 am – 12:30 pm <b>Yoga</b> MSC Stark Gallery	11:45 am – 12:30 pm <b>Pilates</b> MSC Stark Gallery
		11:45 am – 12:30 pm <b>Tai Chi</b> MSC L427 <i>Facilitated by Open Sky Health</i>		
12:15 pm – 1:00 pm <i>WELLNESS WORKS!</i> <b>Yoga*</b> Rec Center Room 2221		12:15 pm – 1:00 pm <i>WELLNESS WORKS!</i> <b>Body Blaster*</b> Rec Center Room 2221		12:15 pm – 1:00 pm <i>WELLNESS WORKS!</i> <b>Total Training*</b> Rec Center Room 2221
4:45 pm – 5:30 pm <b>Tai Chi</b> GSC Breakroom <i>Facilitated by Open Sky Health</i>	4:45 pm – 5:30 pm <b>Zumba</b> GSC Breakroom	4:45 pm – 5:30 pm <b>Tai Chi</b> GSC Breakroom <i>Facilitated by Open Sky Health</i>	4:45 pm – 5:30 pm <b>Cardio Fusion</b> GSC Breakroom	
4:45 pm – 5:30 pm <b>Yoga</b> PEAP 206	4:45 pm – 5:30 pm <b>Boot Camp</b> PEAP 116	4:45 pm – 5:30 pm <b>Yoga</b> PEAP 206	4:45 pm – 5:30 pm <b>Boot Camp</b> PEAP 116	
4:45 pm – 5:30 pm <b>Kickboxing</b> Piranha Fitness		4:45 pm – 5:30 pm <b>Kickboxing</b> Piranha Fitness		
4:45 pm – 5:30 pm <b>Total Resistance</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Cycling</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Total Resistance</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Cycling</b> Piranha Fitness	
	5:00 pm – 5:30 pm <b>Kettlebell 101</b> Piranha Fitness		5:00 pm – 5:30 pm <b>Kettlebell 101</b> Piranha Fitness	
5:30 pm – 6:15 pm <b>Kickboxing</b> Piranha Fitness	5:30 pm – 6:30 pm <b>Cardio Dance</b> Piranha Fitness	5:30 pm – 6:15 pm <b>Kickboxing</b> Piranha Fitness	5:30 pm – 6:30 pm <b>Cardio Dance</b> Piranha Fitness	
5:15 pm – 6:00 pm <b>Weight Lifting</b> PEAP 118		5:15 pm – 6:00 pm <b>Weight Lifting</b> PEAP 118		
5:30 pm – 6:30 pm <b>Hard Core Cycle</b> Rec Center Room 302	5:30 pm – 6:15 pm <b>Dance Cardio Party</b> Rec Center Room 304	5:30 pm – 6:30 pm <b>Hard Core Cycle</b> Rec Center Room 302	5:30 pm – 6:15 pm <b>Dance Cardio Party</b> Rec Center Room 304	
5:30 pm – 6:15 pm <b>Cardio Water</b> Rec Center Indoor Pool	5:30 pm – 6:15 pm <b>Aqua Zumba</b> Rec Center Indoor Pool	5:30 pm – 6:15 pm <b>Cardio Water</b> Rec Center Indoor Pool	5:30 pm – 6:15 pm <b>Cardio Water</b> Rec Center Indoor Pool	

Light Grey cells denote classes located at Piranha Fitness Studio - [www.piranhafitnessstudio.com](http://www.piranhafitnessstudio.com)

Blue cells denote classes located on campus

Dark Grey cells denote classes take place at Texas A&M Student Rec Center \*Exclusive classes for staff/faculty only at Rec Sports

Schedule is subject to change. No classes are held during recognized University holidays.

For class descriptions and other details, visit the website: [WELLNESS.TAMU.EDU](http://WELLNESS.TAMU.EDU)