

FALL FITNESS SESSIONS 2017!

Updated 9/27/17

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

Light Grey cells denote classes located at Piranha Fitness Studio - 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