

May Interim Fitness Schedule for *WELLNESS WORKS!* May 2 - 25, 2018

***WELLNESS WORKS! participants are required to sign-in at the Rec Center Member Services desk for classes**

Date	Time	Class	Location	Room
Tues, May 15th	12:15pm-1:00pm	Body Blaster	Rec Center	301
	4:45pm-5:30pm	Cycle	Piranha Fitness	Studio
	5:30pm-6:15pm	Cycle Six Pack	Rec Center	302
	5:30pm-6:30pm	Cardio Dance	Piranha Fitness	Studio
Wed, May 16th	6:30am-7:15am	Cycle	Piranha Fitness	Studio
	12:15pm-1:00pm	Cardio Step & Sculpt	Rec Center	301
	4:45pm-5:30pm	Total Resistance	Piranha Fitness	Studio
	5:30pm-6:15pm	Kickboxing	Piranha Fitness	Studio
	5:30pm-6:30pm	Freestyle Cardio	Rec Center	301
	6:30pm-7:30pm	CO-OP	Piranha Fitness	Studio
Thurs, May 17th	12:15pm-1:00pm	Body Blaster	Rec Center	301
	4:45pm-5:30pm	Cycle	Piranha Fitness	Studio
	5:30pm-6:30pm	Cardio Dance	Piranha Fitness	Studio
	5:30pm-6:30pm	Pilates Express	Rec Center	303
Fri, May 18th	12:15pm-1:00pm	TGIF Yoga	Rec Center	301
Mon, May 21st	6:30am-7:15am	Cycle	Piranha Fitness	Studio
	12:15pm-1:00pm	Cardio Step Party	Rec Center	301
	4:45pm-5:30pm	Total Resistance	Piranha Fitness	Studio
	5:30pm-6:15pm	Kickboxing	Piranha Fitness	Studio
	5:30pm-6:15pm	Freestyle Cardio	Rec Center	301
Tues, May 22nd	12:15pm-1:00pm	Body Blaster	Rec Center	301
	4:45pm-5:30pm	Cycle	Piranha Fitness	Studio
	5:30pm-6:15pm	Freestyle Cardio	Rec Center	301
	5:30pm-6:30pm	Cardio Dance	Piranha Fitness	Studio

Wed, May 23rd	6:30am-7:15am	Cycle	Piranha Fitness	Studio
	12:15pm-1:00pm	Cardio Step & Sculpt	Rec Center	301
	4:45pm-5:30pm	Total Resistance	Piranha Fitness	Studio
	5:30pm-6:15pm	Kickboxing	Piranha Fitness	Studio
	6:30pm-7:30pm	CO-OP	Piranha Fitness	Studio
Thurs, May 24th	12:15pm-1:00pm	Body Blaster	Rec Center	301
	4:45pm-5:30pm	Cycle	Piranha Fitness	Studio
	5:30pm-6:30pm	Cardio Dance	Piranha Fitness	Studio
Fri, May 25th	12:15pm-1:15pm	TGIF Yoga	Rec Center	301
Mon, May 28th	Memorial Day - NO CLASSES			
Tues, May 29th	First Day of Summer <i>WELLNESS WORKS!</i> Fitness Session Schedule			
Light Grey cells denote classes that will be located at Piranha Fitness Studio - www.piranhafitnessstudio.com				
Dark Grey cells denote that classes will take place at Texas A&M Student Rec Center *Exclusive classes for staff/faculty only at Texas A&M Recreational Sports				

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!

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

