

# SUMMER FITNESS SESSIONS 2018!

Updated 07/17/2018

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

Schedule May 29 – August 3

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 – 7:15 am <b>Cycle</b> Piranha Fitness	6:30 am – 7:30 am <b>Sunrise Yoga</b> Rec Center Room 301	6:30 am – 7:15 am <b>Cycle</b> Piranha Fitness	6:30 am – 7:30 am <b>Sunrise Yoga</b> Rec Center Room 301	
	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>Mindful Movement</b> MSC L427 <i>Facilitated by Open Sky Health</i>		
12:15 pm – 1:00 pm <b>Outdoor Water</b> Rec Center Outdoor Pool	12:15 pm – 1:00 pm <b>Outdoor Water</b> Rec Center Outdoor Pool	12:15 pm – 1:00 pm <b>Outdoor Water</b> Rec Center Outdoor Pool	12:15 pm – 1:00 pm <b>Outdoor Water</b> Rec Center Outdoor Pool	12:15 pm – 1:00 pm <b>Outdoor Water</b> Rec Center Outdoor Pool
12:15 pm – 1:00 pm <b>Yoga*</b> Rec Center Room 2221		12:15 pm – 1:00 pm <b>Body Blaster*</b> Rec Center Room 2221		12:15 pm – 1:00 pm <b>Rowing*</b> Rec Center Room 2221
4:45 pm – 5:30 pm <b>Mindful Movement</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>Mindful Movement</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>Total Resistance</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Cycle</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Total Resistance</b> Piranha Fitness	4:45 pm – 5:30 pm <b>Cycle</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 120		5:15 pm – 6:00 pm <b>Weight Lifting</b> PEAP 120		
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	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	
5:30 pm – 6:30 pm <b>Party at the Barre</b> Rec Center Room 303	5:30 pm – 6:15 pm <b>Zumba</b> Rec Center Room 304	5:30 pm – 6:30 pm <b>Party at the Barre</b> Rec Center Room 303	5:30 pm – 6:15 pm <b>Cardio Dance Party</b> Rec Center Room 304	
5:45 pm – 6:45 pm <b>Cycle Strength Intervals</b> Rec Center Room 302		5:45 pm – 6:30 pm <b>Cycle Endurance</b> Rec Center Room 302		
		6:30 pm – 7:30 pm <b>CO – OP</b> Piranha Fitness		
<i>Unless noted, classes are facilitated by Texas A&amp;M Rec Sports</i>				
Light Grey cells denote classes that will be located at Piranha Fitness Studio - <a href="http://www.piranhafitnessstudio.com">www.piranhafitnessstudio.com</a>				
Blue cells denote classes that will be located on campus				
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				

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)