

# GROUP FITNESS SCHEDULE

## Summer 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pilates Mat</b> 12p - 12:50PM Amanda</p> <p><b>Vinyasa Yoga</b> 5:30-6:20p Kat</p>	<p><b>Total Body Conditioning</b> @ CAGE 12:00p - 12:50p Brooke</p> <p><b>YinYang Yoga</b> 5:30p-6:20p Summer (Jenn sub on 5/10 &amp; 5/24)</p>	<p><b>Circuit Training</b> @PFC 12p-12:50p Amanda</p> <p><b>Align Yoga</b> 12-12:50p Jenn T</p> <p><b>Yin Yang Yoga</b> 5:30p-6:20p Summer (Emmalee sub on 5/11 &amp; 5/25)</p>	<p><b>Spin/TRX</b> 12:00 - 12:50p Amanda</p> <p><b>Vinyasa Yoga</b> 5:30p-6:20p Emmalee</p>	<p><b>Restorative Yoga</b> 12-12:50p Kat</p>

# Class Locations:

Classes are held in the Fitness Studio located in the Harilela International Tennis Stadium (HITS) except classes that indicate "@ CAGE" on the schedule, which are held in our covered outdoor workout facility. See map below for location of both.



## Pricing Options:

### **STUDENTS:**

**Summer Unlimited: \$60**

**Month Unlimited: \$30**

**5 Class Punch Card: \$25**

**1 Day Pass: \$10**

### **FACULTY/STAFF**

**Summer Unlimited: \$100/HR\$50**

**Month Unlimited: \$40**

**5 Class Punch Card: \$25**

**1 Day Pass: \$10**

**Summer Semester: May 9th-July 29th.**

Class schedule subject to change. For class descriptions, announcements, and the most up to date schedule visit:

<http://community.pepperdine.edu/campusrecreation/fitness/groupexercises.htm>