

GROUP FITNESS SCHEDULE

FALL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CrossTrain FX @CAGE 6:30AM - 7:20AM Becca		RISE and Shine Yoga 7:00AM-7:50AM Margot		No Classes
Beginner Weight Training 11:30AM - 12:20 PM Amanda	Iyengar Yoga 12:00 - 12:50 PM Jenn	Yoga 12:00 -12:50 PM Maria	Iyengar Yoga 11:30AM -12:20 PM Jenn	Pilates Mat 12:00 - 1250PM Amanda	
CrossTrain FX @CAGE 12:15PM - 1:05PM Becca		CrossTrain FX @CAGE 12:15PM - 1:05PM Mackenzie	Spin & Core 12:30PM - 1:20PM Amanda	Circuit Training @CAGE 12:15PM - 1:05PM Cecily/Brooke	
Yoga 12:30PM - 1:20PM Maria					
	Spin 5:30PM - 6:20 PM Mackenzie		CrossTrain FX @CAGE 5:30PM - 6:30PM Mackenzie		
	CrossTrain FX @CAGE 5:30PM - 6:20PM Becca				
					SUNDAY No Classes

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:

Semester Unlimited: \$75
Month Unlimited: \$30
5 Class Punch Card: \$25
1 Day Pass: \$10

FACULTY/STAFF:

Semester Unlimited (HR special): ~~\$100~~ \$50
Month Unlimited: \$40
5 Class Punch Card: \$25
1 Day Pass: \$10

FREE fitness classes:

Aug 30-Sept 3 (first week of school) Dec 13-17 (finals week)

***Spin classes are limited to the first 12 people. Arrive early to secure your spot. 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>