

# GROUP FITNESS Spring 2022

(starts 1/13/22) Check IG @pepperdinecampusrec  
for location updates and cancellations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sunrise Cycle 6:00A-6:50A Mackenzie</p> <p>Yoga 12:00P-12:50P Maria</p> <p>CrossTrain FX @CAGE 12:15P - 1:05P Becca</p> <p>Yoga Nidra 6:00P-6:50P Kathryn</p>	<p>6:00AM-6:50AM CrossTrainFX @CAGE or studio Mackenzie</p> <p>Cycle 7:00A-7:50A Teddy</p> <p>Align &amp; Flow Yoga 12:00PM - 12:50PM Jenn</p> <p>Dance Cycle @CAGE 1:00P-150P Wendy</p> <p>Party Cycle @CAGE 5:00P-5:50P Mikela</p> <p>Yin Yang Yoga 6:00P-6:50P Summer</p>	<p>Sunrise Party Cycle 6:00A-6:50A Mikela</p> <p>RISE and Shine Yoga (FREE) 10:00A-10:50A Margot</p> <p>Yoga 12:00 -12:50 PM Maria</p> <p>Circuit Training@CAGE 12:15P-1:05P Brooke</p> <p>Yin Yang Yoga 5:00P-5:50P Summer</p> <p>Dance Cycle 6:00P-6:50P Wendy</p>	<p>Cycle and Shred 7:00A-7:50A Brooke</p> <p>Pilates Mat 12:00P-12:50P Amanda</p> <p>30 min HIIT @CAGE Mackenzie 12:15PM -12:45PM</p> <p>Cycle@CAGE 5:00P-5:50P Brooke</p> <p>Rest and RISE Yoga (FREE) 6:00P-6:50P Margot</p>	<p>Sunrise Cycle 6:00A-6:50A Teddy</p> <p>TRX/SPIN @CAGE 11:30A-12:20P Amanda</p> <p>Vinyasa Yoga 12:00P-12:50P Kathryn</p>	<p>No Classes</p> <hr/> <p><i>SUNDAY</i></p> <p>No Classes</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:

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

\*Spin classes are limited to the first 12 people. Arrive early to secure your spot. Class schedule subject to change.

Class descriptions online:

<https://community.pepperdine.edu/campusrecreation/fitness/classdescriptions.htm>

Follow IG @pepperdinecampusrec for the latest updates

