

**SPRING**

**FITNESS**

**SCHEDULE**

**Jan. 8 - May 5**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am	CARDIO STRENGTH Alicia - 112		CARDIO STRENGTH Alicia - 112		LM EXP BODY PUMP Alicia - 112		
6:00-7:00am		LM BODY PUMP Alice - 112		LM BODY PUMP Dottie - 112			
7:00 -7:30am		CYCLE EXPRESS Drew - 109		CYCLE EXPRESS Drew - 109			
7:00-8:00am	YOGA FLOW April - 113	MINDFUL YOGA Trey - 113	YOGA INC. April - 113	MINDFUL YOGA Trey - 113	VINYASA FLOW April - 113		
7:30-8:00am	EXPRESS ROW Hailey - 112		EXPRESS ROW Dottie - 112		EXPRESS ROW Dottie - 112		
8:10-8:40am	STRETCH AND CORE Hailey - 112		STRETCH AND CORE Mary - 112				
8:15-9:00am		HOT YOGA SCULPT Addyson - 113		HOT YOGA SCULPT Olivia - 113			
8:30 -9:00am						EXPRESS ROW Instructor - 112	
8:30-9:15am		FOREVER FIT Paige -upstairs		FOREVER FIT Mary - 112			
9:00-10:00am	BREATHE & FLOW YOGA Laurie - 113		BREATHE & FLOW YOGA Laurie - 113		BREATHE & FLOW YOGA Laurie - 113		
9:15 - 10:15am						LM BODY PUMP Instructor - 112	
9:30 - 10:45am		YIN YOGA Laurie - 113		YIN YOGA Laurie - 113			
9:45-10:30am	CHAIR IN MOTION Mary - 112		CHAIR IN MOTION Mary - 112				
10:30-11:30am						HOT YOGA FLOW Natalee - 113	
12:05-12:50pm	MAT PILATES Mary - 112	POWER HOUR Anna - 112	BARRE BLAST Becca - 113	STEP EVOLUTION April - 112	LM EXP BODY PUMP Stacey - 112		
1:00-1:45pm							CYCLE Wynette- 109
4:30-5:15pm		LM BODY COMBAT Dottie - 112			LM BODY COMBAT Wynette - 112		
4:30-5:30pm	YOGA STRETCH Trey - 113			ELEVATED MOVEMENT Amy - 113 (50 min)			
4:45 - 5:15pm	CYCLE EXPRESS Dottie - 109				CYCLE EXPRESS Nikki - 109		
5:30 - 6:15pm			CYCLE Drew- 109				
5:30 - 6:30pm	LM BODY PUMP Wynette - 112		SLOW FLOW YOGA Sandi - 113		STRETCH RESTORE YOGA Sandi - 113		
6:00 - 7:00pm	HOT YOGA FLOW Natalee - 113	HOT POWER VINYASA Olivia - 113		HOT POWER VINYASA Olivia - 113			
7:00 - 7:45pm		KISADO Morgan - 112	WERQ Heeyoung - 112	KISADO Nikki - 112	WERQ Heeyoung - 112		
7:00-8:00pm			HOT SCULPT YOGA Addyson - 113				
7:15 - 8:00 pm	MAT PILATES Beata - 113						
8:00-9:00pm		DANCE FUNDAMENTAL Kaleesta - 112	STRENGTH 101 Paige - 112	DANCE FUNDAMENTAL Kaleesta - 112			



UNIVERSITY OF  
SOUTH DAKOTA

If you are a person with a disability and need special accommodations to fully participate, please contact Disability Services 48 hours in advance at 605-658-3745