

GROUP EXERCISE

FALL 26



- Classes begin Aug 17 and end Dec 18
- Classes are **FREE** for RIT employees
- Scan the QR to register

MONDAY

Time	Title	Location	Instructor
12 pm	Strength Circuit	GV	Jenn C.
5 pm	Dance HIIT	LDAN	Bri V.
5 pm	Aqua Fitness	POOL	Tina V.

TUESDAY

Time	Title	Location	Instructor
6:30 am	AM HIIT	LDAN	Michelle L.
12 pm	Fitness Fusion	GV	Jill F.
5 pm	Yoga	GV	Denise W.

LOCATION KEY

GV	Better Me Wellness Center	Global Village
GVC	Conference Room 2290	Global Village
LDAN	Lower Dance Studio	SLC Lower Level
POOL	Judson Pool	SLC Lower Level
LBJ	Dance Lab	Lyndon B. Johnson Hall

WEDNESDAY

Time	Title	Location	Instructor
12 pm	Strength & Cardio	GV	Jenn C.
12 pm	Seated Stretching	GVC	Kate S.
5 pm	Aqua Fitness	POOL	Tina V.

THURSDAY

Time	Title	Location	Instructor
6:30 am	Strength & Conditioning	LDAN	Michelle L.
12 pm	Pilates	GV	Kate S.
5 pm	Yoga	GV	Jenna S.

FRIDAY

Time	Title	Location	Instructor
12 pm	Full Body Fitness	GV	Jenn C.

SCHEDULE NOTES

- Dance HIIT will begin on August 24
- Conference Room 2290 is above The Market, down the hall from RIT Global.