



Better Me Fitness Class Schedule

Summer Semester 2024 (2238)

- Register on the Better Me website to attend any of these class options.
- RIT Better Me classes begin May 13 and end August 16. All classes are FREE for the Summer semester (2238).
- Classes in **BOLD** are 30 minutes while all others are 45-50 minutes.

MONDAY

Time	Class	Location	Instructor
12 p.m.	A Fitness Class	GV	Keith O.
5 p.m.	Dance HIIT	LDAN	Bri V.
5 p.m.	Aqua Fitness	POOL	Tina V.

WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	Strength Circuit	GV	Jenn C.
5 p.m.	Aqua Fitness	POOL	Tina V.
5:15 p.m.	Yoga	GV	Olivia R.

TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	AM HIIT	LDAN	Michelle L.
12 p.m.	Pilates	GV	Kate S.

THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
12 p.m.	HIIT	LDAN	Jenn C.
5 p.m.	Fit Fusion	LDAN	Bri V.

LOCATION KEY

UDAN	Upper Dance Studio	SLC Main Level
LDAN	Lower Dance Studio	SLC Lower Level
SPIN	Spinning Room	SLC Lower Level
MINI	Mini Gym	SLC Main Level
POOL	Judson Pool	SLC Lower Level
GV	Global Village Fitness Studio	Global Village

FRIDAY

Time	Class	Location	Instructor