



## Better Me Fitness Class Schedule

### Spring Semester 2024 (2235)

- Register on the Better Me website to attend any of these class options.
- RIT Better Me classes begin January 8 and end April 26. All classes are FREE for the Spring semester (2235).
- Check out our social media pages for class updates and upcoming wellness events.
- Classes in **BOLD** are 30 minutes while all others are 45-50 minutes.
- *The Thu. Aqua class does not have an instructor. We procured a lifeguard so you can work out on your own in the rec pool.*

#### MONDAY

Time	Class	Location	Instructor
12 p.m.	Functional Fitness	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.
12 p.m.	Yoga	LDAN	Jackie 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.	A.M. HIIT	LDAN	Michelle L.
12 p.m.	Pilates	GV	Kate S.
5 p.m.	Tai Chi	GV	Yong Tai W.

#### THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
<b>12 p.m.</b>	<b>Movement &amp; Mobility</b>	<b>GV</b>	<b>Jenn C.</b>
<b>12:30 p.m.</b>	<b>HIIT</b>	<b>GV</b>	<b>Jenn C.</b>
5 p.m.	Fitness Fusion	SPIN	Bri V.
<i>5 p.m.</i>	<i>Open Aqua</i>	<i>POOL</i>	<i>Open</i>

#### 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