



## Better Me Fitness Class Schedule

### Summer Semester 2023 [2228]

- Register for the Better Me class pass on our website: [www.rit.edu/betterme](http://www.rit.edu/betterme)
- The class pass is an all-access pass that allows you to participate in any of the classes on our current schedule
- Better Me classes will begin Monday, May 22 and will end Friday, August 18.
- Check out our weekly e-newsletter for class updates and upcoming workshop dates
- Classes in **BOLD** are 30 minutes– all other classes are 40-50 minutes

#### MONDAY

Time	Class	Location	Instructor
12:00 p.m.	Performance Fitness	GV	Keith O.
5:00 p.m.	Dance HIIT	LDAN	Bri V.
5:00 p.m.	Aqua Fitness	POOL	Kathy H.

#### WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	HIIT	GV	Nikki H.
12:30 p.m.	<b>Movement &amp; Mobility</b>	GV	Nikki H.
5 p.m.	Aqua Fitness	POOL	Kathy

#### TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	A.M. HIIT	LDAN	Michelle L.
4:30 p.m.	Outdoor Gardening	Garden	Neha S.

#### THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
12 p.m.	Total Body Strength	GV	Lisa B.

#### 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
Garden	Community Garden	Behind Tennis Courts

#### FRIDAY

Time	Class	Location	Instructor
12:00 p.m.	Indoor Cycling	SPIN	Jamie C.