



Better Me Fitness Class Schedule

Fall Semester 2022-2023 (2221)

- Register for the Better Me class pass on our website: 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, August 15 and will end Friday, December 16
- Check out our weekly e-newsletter for class updates and upcoming workshop dates
- Classes in **BOLD** are 30 minutes– all other classes are 45-50 minutes

MONDAY

Time	Class	Location	Instructor
12:00 p.m.	Total Body Conditioning	GV	Keith O.
5:00 p.m.	Aqua Fitness	POOL	Kathy
5:00 p.m.	Pop Strength	UDAN	Bri

WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	Yoga	GV	Olivia
5 p.m.	Dance HIIT	LDAN	Bri

TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	A.M. HIIT	LDAN	Michelle L.
12 p.m.	Core & Cardio	MINI	Keith O.
5:15 p.m.	Yoga	GV	Denise

THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
11:00 a.m.	Barre Fitness	UDAN	Lisa
12:00 p.m.	Movement & Mobility	GV	Nikki
12:30 p.m.	Lunchtime HIIT	GV	Nikki
5 p.m.	Aqua Fitness	POOL	Kathy
5 p.m.	Tai Chi	GV	Yong Tai

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
12 p.m.	Indoor Cycling	SPIN	Jamie C.