






















# GROUP EXERCISE FALL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	SUNRISE YOGA 7:00AM-7:45AM  MPR-C		SUNRISE YOGA 7:00AM-7:45AM  MPR-C
AB ATTACK 5:30PM-6:00PM  MPR-D	TONING EXPRESS 5:30PM-6:00PM  MPR-D	AB ATTACK 5:30PM-6:00PM  MPR-D	TONING EXPRESS 5:30PM-6:00PM  MPR-D
ZUMBA 6:15PM-6:45PM  MPR-C	TOTAL BODY CIRCUIT 6:15PM-6:45PM  MPR-B	DANCE EXPRESS 6:15PM-6:45PM  MPR-C	TOTAL BODY CIRCUIT 6:15PM-6:45PM  MPR-B
CYCLE POWER 30 6:15PM-6:45PM  MPR-A	CYCLE 6 PACK 6:15PM-7:00PM  MPR-A	CYCLE POWER 30 6:15PM-6:45PM  MPR-A	CYCLE 45 6:15PM-7:00PM  MPR-A
CYCLE 45 7:15PM-8:00PM  MPR-A	DANCE REMIXED 6:30PM-7:15PM  MPR-C	CYCLE 45 7:15PM-8:00PM  MPR-A	DANCE CHOREO 6:30PM-7:15PM  MPR-C
YOGA FLOW 7:30PM-8:30PM  MPR-C	REC YOGA 7:30PM-8:30PM  MPR-C		VINYASA FLOW 7:30PM-8:30PM  MPR-C

FRIDAY	SUNDAY
FRIYAY CYCLE! 11:00AM-11:45AM  MPR-A	RESTORATIVE YOGA 6:00PM-7:00PM  MPR-C

## KEY

**DANCE** 

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**CYCLE** 

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**STRENGTH** 

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**MIND/BODY** 

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**HIIT/INTERVAL** 

» MEMBERSHIP: \$40

» 1 CLASS PASS AVAILABLE FOR \$5 PER CLASS

» 5 CLASS PASS BUNDLE AVAILABLE FOR \$30

\*SCHEDULE SUBJECT TO CHANGE



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TEXAS STATE CAMPUS RECREATION