

# TROJAN FITNESS & WELLNESS CENTER

## TROY\_U FITNESS CLASS SCHEDULE

### Spring Semester 2022

#### GROUP FITNESS STUDIO

|          | Monday                   | Tuesday       | Wednesday                | Thursday       | Friday           |
|----------|--------------------------|---------------|--------------------------|----------------|------------------|
| 12:15 pm | Step Down<br>Booty Blast |               | Step Down<br>Booty Blast |                | Circuit Training |
| 3:30 pm  |                          | Barre Fitness |                          | Barre Infusion |                  |
| 4:00 pm  |                          |               |                          |                |                  |
| 5:00 pm  | Dance Fitness            | Yoga          | Dance Fitness            | Yoga           |                  |
| 6:00 pm  | Body Pump                | Zumba         | Body Pump                | Zumba          |                  |

#### CYCLE STUDIO

\*\*\*10 Slot Limit – Sign up at Front Desk\*\*\*

|         | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--------|---------|-----------|----------|--------|
|         |        |         |           |          |        |
| 6:00 pm |        | Cycle   |           | Cycle    |        |

Group Fitness passes available for purchase for Spring Semester 2022 at front desk. Classes to begin **Tuesday, January 18, 2022**. For more info., please contact the Fitness & Wellness Department at [fuller@troy.edu](mailto:fuller@troy.edu).

- Semester Unlimited Classes \$ 65.00
- Monthly Unlimited Classes \$ 30.00
- Drop in per class \$ 5.00

**\*\*\*All fees Non-refundable**

**PARTICIPANTS ARE ENCOURAGED TO BRING THE FOLLOWING TO CLASS:**

**EXERCISE/YOGA MAT**  
**WATER BOTTLE**  
**HAND TOWEL**

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\*\*\*Class schedule subject to change at discretion of Fitness Coordinator based on participant participation.

\*\*\*Additional pop-up classes and water fitness (aerobic) classes may be added throughout semester and are subject to class time changes.

\*\*\*Revised class schedule will be released with up-to-date information.