

# TROJAN FITNESS & WELLNESS CENTER

## TROY\_U FITNESS CLASS SCHEDULE

### Fall Semester 2020

#### GROUP FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 – 3:30 pm	Strong 30 (Terry)				Strong 30 (Terry)
3:00 – 3:45 pm				Body Blast (Lilli)	
4:00 – 4:45 pm	Blended Yoga (Kayleigh)	Pilates (Terry)	Blended Yoga (Kayleigh)	Pilates (Terry)	Zumba (Savanna)
5:15 – 6:00 pm	Zumba (Savanna)	Body Pump (Brooke)	Body Pump (Chrislyn)	Body Pump (Brooke)	

#### ELM STREET GYM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 – 5:45 pm	Total Body Blast (Lilli)	Dance Fitness (Heartlee)	Zumba/Hip Hop (Savanna)	Dance Fitness (Heartlee)	

#### FUNCTIONAL TRAINING STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
11 – 12:00 pm	Open Session/ Small Group Training		Open Session/ Small Group Training		Open Session/ Small Group Training
1:00 – 2:00 pm		Open Session/ Small Group Training		Open Session/ Small Group Training	
5:00 – 5:45 pm	HIIT/Bootcamp (Mallory)	Core & More (Mallory)	Boot Camp (Mallory)	Lower Body Blast (Mallory)	

#### CYCLE STUDIO

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

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 – 5:45 pm	Cycle (Brooke)	Cycle (Callie)	Cycle (Brooke)	Cycle (Callie)	

Group Fitness passes available for purchase for Fall 2020 starting **Monday, August 17, 2020**. Classes to begin **Monday, August 24, 2020**. More info. contact the Fitness & Wellness Department at [tfuller@troy.edu](mailto:tfuller@troy.edu).

- Semester Unlimited Classes      \$100.00      **\*\*\*All fees Non-refundable**
- Monthly Unlimited Classes      \$ 35.00
- Drop in per class      \$ 5.00

**DUE TO CDC GUIDELINES FOR COVID SAFETY, PARTICIPANTS ARE ENCOURAGED TO BRING THE FOLLOWING TO CLASSES:**

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

**\*For a more detailed list of requirements, please see the COVID-19 Plan of Action for the Fall.**

**\*\*An inherent risk of exposure to COVID-19 exists in any public place where people are present.**