

TROJAN FITNESS & WELLNESS CENTER

TROY_U FITNESS CLASS SCHEDULE

Fall Semester 2021

GROUP FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am				Salsa Dance	
11:00 am			Body Pump		
2:00 pm					Dance Fitness
3:00 pm	Kick Start Fitness	Water Fitness*			
4:00 pm		Barre Fitness		Barre Fitness	
4:30 pm	Yoga/Pilates		Pilates Infusion		
5:00 pm		Body Pump			
6:00 pm	Zumba		Zumba	Booty Blast	

*Water Fitness to be held pool side on lower floor of Fitness & Wellness Center. Towel required

CYCLE STUDIO

10 Slot Limit – Sign up at Front Desk

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 pm		Cycle		Cycle	

Group Fitness passes available for purchase for Fall Semester 2021 at front desk. Classes to begin **Monday, August 23, 2021**. For more info., please contact the Fitness & Wellness Department at fuller@troj.edu.

- Semester Unlimited Classes \$ 65.00 ***All fees Non-refundable
- Monthly Unlimited Classes \$ 40.00
- Drop in per class \$ 5.00

PARTICIPANTS ARE ENCOURAGED TO BRING THE FOLLOWING TO CLASS:

EXERCISE/YOGA MAT
WATER BOTTLE
HAND TOWEL

***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.