

TROJAN FITNESS & WELLNESS CENTER

FITNESS CLASS SCHEDULE

Fall Semester 2023

GROUP FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am			Yoga		
3:00 pm		Circuit		Circuit	
4:00 pm	Barre Sculpt	Yoga	Dance Fitness		
5:00 pm	Cycle		Body Pump		

Group Fitness passes available for purchase for Fall 2022 Semester at front desk. Classes will begin **Monday, August 21, 2023**. For more info, please contact the Fitness & Wellness Department at troycampusrec@troy.edu

- Semester Unlimited Classes \$ 30.00
 - Drop in per class \$ 2.00
- ***All fees Non-refundable**

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.