

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 | | | | Strong 30 |
| 3:00 – 3:45 pm | | | | Body Blast | |
| 4:00 – 4:45 pm | Blended Yoga | Pilates | Blended Yoga | Pilates | Zumba |
| 5:15 – 6:00 pm | Zumba | Body Pump | Body Pump | Body Pump | |

ELM STREET GYM

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|------------------|---------------|---------------|---------------|--------|
| 5:00 – 5:45 pm | Total Body Blast | Dance Fitness | Zumba/Hip Hop | Dance Fitness | |

FUNCTIONAL TRAINING STUDIO

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|--|--|--|--|
| 11:00 – 1:00 pm*** | Open Session/ Small Group Training | | Open Session/ Small Group Training | | Open Session/ Small Group Training |
| 12:00 – 3:00 pm*** | | Open Session/ Small Group Training | | Open Session/ Small Group Training | |
| 5:00 – 5:45 pm | Sculpt/Conditioning | Core & More | Toning/Sculpt | Lower Body Blast | |

CYCLE STUDIO

10 Slot Limit – Sign up at Front Desk

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--------|---------|-----------|----------|--------|
| 5:00 – 5:45 pm | Cycle | Cycle | Cycle | Cycle | |

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@troj.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.

Special Notes: August Classes at Elm Street will be held at the Trojan Fitness & Wellness Center.
*****Open Session/Small Group Training subject to change due to participation.**