

August 28th to September 30th



Group Fitness Schedule: Fall

Fitness Classes in E194					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Spin <i>with Bill</i> 6:00 a.m. - 7:00 a.m.	Power Strength <i>with Beth</i> 9:15 a.m. - 10:15 a.m.
		Power Strength <i>with Darlene</i> 12:10 p.m. - 12:50 p.m.	Legs & Core <i>with Mindy</i> 11:30 a.m. - 12:15 p.m.	Zumba <i>with Kim KB</i> 12:00 p.m. - 1:00 p.m.	
Spin <i>with Alex</i> 5:30 p.m. - 6:30 p.m.	Zumba <i>with Erica</i> 5:30 p.m. - 6:30 p.m.	Total Body Strength <i>with Steve</i> 5:30 p.m. - 6:30 p.m.	Zumba <i>with Kay</i> 5:30 p.m. - 6:30 p.m.		
Boot Camp <i>with Marissa</i> 6:40pm 7:40pm		Spin <i>with Alex</i> 6:40 p.m. - 7:40 p.m.	HIIT <i>with Marissa</i> 6:40 p.m. 7:40 p.m.		

Mind/Body Classes in E192					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Vinyasa Yoga <i>with Piper</i> 6:30 a.m. - 7:30 a.m.			
ABC Fitness <i>with Steve</i> 12:00 p.m. - 1:00 p.m.	Pilates <i>with James</i> 12:00 p.m. - 1:00 p.m.	Core and Balance 9:30 a.m. Chair Strength 10:30 a.m.	Vinyasa Yoga <i>with Piper</i> 12:00 p.m. - 1:00 p.m.	Meditation Hour 12:00 p.m. - 1:00 p.m. *guided TBA	
Vinyasa Yoga <i>with Maria</i> 5:00 p.m. - 6:00 p.m.		Pilates <i>with Karena</i> 4:30 p.m. - 5:30 p.m.			

FALL GROUP EXERCISE SCHEDULE AUG 28TH TO SEP 30TH

<p>Barre <i>with Kim R</i> 6:10 p.m. – 7:10 p.m.</p>	<p>Multi-Level Yoga <i>with Margie</i> 5:40 p.m. – 7:10 p.m.</p>		<p>Vinyasa Yoga <i>with Maria</i> 6:10 p.m. – 7:10 p.m.</p>		
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Check us out on Facebook for more information: **@WellWorksOU**

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