

# GROUP FITNESS SCHEDULE

## Monday

Time	Class / Instructor	Location
10:30 - 11:30	Full Body Circuit / Paula	MP 1
11:00 - 12:00	Brazilian Jiu Jitsu/ Rusty	MP 2
5:15 - 6:15	Water Aerobics / Robin	Pool

## Tuesday

Time	Class / Instructor	Location
12:00-1:00	Vinyasa Yoga / Andrew	MP 2
5:00-6:00	Zumba / Shae	MP 1

## Wednesday

Time	Class / Instructor	Location
10:30-11:30	Triple Threat: lower body / Paula	MP 1
11:00 - 12:00	Brazilian Jiu Jitsu/ Rusty	MP 2
5:00-6:00	Yoga/ Laura	MP 1

## Thursday

Time	Class / Instructor	Location
11:00 - 12:00	Brazilian Jiu Jitsu/ Rusty	MP 2
5:00 - 6:00	Zumba / Shae	MP 1
6:05 - 7:05	Step & Weights/ Paula	MP 1

## Friday

Time	Class / Instructor	Location
10:30 - 11:30	Total Body / Paula	MP 1
5:15 - 6:15	Water Aerobics / Robin	Pool

## Saturday

8:30 - 9:30	Cycle & Strength / Jenny	MP 1
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### Class Locations:

MP 1 – Multipurpose Room 1  
MP 2 – Multipurpose Room 2

### Hours of Operation

Monday-Friday 6 AM – 9 PM  
Saturday-Sunday 8 AM – 6 PM

### **YOGA**

**with Andrew & Laura  
begins 9/16 - 9/17**

Looking for a fun way to stay active and fit? UNO's Fitness Center offers a variety of group fitness classes, free for students, faculty, and gym members. With classes available Monday through Saturday, there's something for everyone. Join in on the fun and sweat it out together - let's get moving!

The University of New Orleans  
Department of Recreation and  
Intramural Sports  
2000 Lakeshore Drive  
New Orleans, LA, 70148

A class may be canceled if less than 5 participants are present at the scheduled class time.

Class schedule is subject to change.

[WWW.UNO.EDU/FITNESS](http://WWW.UNO.EDU/FITNESS) @UNORECCENTER

