### Clemente Center Group Fitness Schedule
#### Fall 2018

Classes held in the Group Fitness room unless marked.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>11:05-11:50am</td>
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<td>11:05-11:50am</td>
<td>11:05-11:50am</td>
<td>12:05-1:30pm</td>
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<tr>
<td>Yoga II</td>
<td>YogaPilates</td>
<td>Yoga</td>
<td>Yoga I</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Ju-Jutsu</td>
</tr>
<tr>
<td>Alexis</td>
<td>Rebecca</td>
<td>Alexis/Michelle</td>
<td>Malika</td>
<td></td>
<td></td>
<td>Markus</td>
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<tr>
<td>12:05-1:00pm</td>
<td>Zumba</td>
<td>Fit Challenge</td>
<td>Hip Hop Fit</td>
<td>Fit Challenge</td>
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<tr>
<td>Linda</td>
<td>Linda</td>
<td>Linda</td>
<td>Linda</td>
<td>Nicole</td>
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</tbody>
</table>

**5:15-6:15pm**
- Fit Challenge
  - Erica
- Zumba
  - Tamin
- Dance Fitness
  - Nicole
- Cardio Intervals
  - Erica
- Kickboxing
  - Tamin

**5:00-7:00pm**
- Fun Run
  - Jen
- Clemente Boot Camp
  - Kyle & Jemai
- Clemente Boot Camp
  - Kyle & Taylor
- Acro Yoga 101
  - Tamin
- Ju-Jutsu
  - Markus
- Total Abs
  - Robby
- Total Abs
  - Robby
- YogaPilates
  - Rebeca

**6:00-7:00pm**
- Fun Run
  - Jen
- Clemente Boot Camp
  - Kyle & Taylor

**6:30-7:30pm**
- Yoga for Strength
  - Amy
-acro Yoga 101
  - Tamin
- Ju-Jutsu
  - Markus
- Total Abs
  - Robby
- Total Abs
  - Robby
- YogaPilates
  - Rebeca

**7:45-8:30pm**
- Ab Attack+
  - Robby
- Group Cycling
  - Josip
- YogaPilates
  - Rebeca

**7:15-9:15pm**
- Yoga
  - Alexis

= class meets in the Weight Room  
[L] = Outdoor class meets in the Lobby

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**Stressed out? Try Yoga!**

- **Yoga I** - A blend of slow-flowing poses & seated stretches for all levels.
- **Yoga II** - A mix of advanced poses to increase strength & flexibility. All yoga practitioners are welcome!
- **Yoga** - Improve concentration while increasing flexibility & strength. Great for stress management.
- **Yoga for Strength** - Emphasizes standing poses, planks, & bridges. Poses held for longer duration.
- **Acro Yoga** - An intro to partner acrobatic yoga in a workshop setting. No partner necessary.

**YogaPilates** - A fusion of Pilates & yoga designed to improve core strength, balance & flexibility.

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**Try an outdoor fitness class!**

**Fun Run**
Speed work & agility drills designed for the ultimate goal of a faster 5K.

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Search for:
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Schedule subject to change. Questions? Visit www.fit.edu/clemente-center or call 674-7785.

Updated 9/14/18