

# GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

SPRING 2024 – JAN. 8 - APRIL 21



CAMPUS RECREATION  
Division of Student Affairs  
Florida Atlantic University

| MONDAY                              | TUESDAY                            | WEDNESDAY                            | THURSDAY                             |
|-------------------------------------|------------------------------------|--------------------------------------|--------------------------------------|
| 7:00 A.M.                           |                                    |                                      |                                      |
| CYCLE<br>STUDIO A   GABE            | CYCLE<br>STUDIO A   KATIE          |                                      | CYCLE<br>STUDIO A   KATIE            |
| KICKBOXING<br>STUDIO C   NAT        |                                    | KICKBOXING<br>STUDIO C   NAT         |                                      |
| 10:00 A.M.                          |                                    |                                      |                                      |
|                                     | GENTLE YOGA<br>STUDIO C   ANGEL    |                                      | ALL LEVELS YOGA<br>STUDIO C   ANGEL  |
| 12:15 P.M.                          |                                    |                                      |                                      |
|                                     |                                    |                                      | CYCLE<br>STUDIO A   JULIANA          |
| KICKBOXING<br>STUDIO C   PAT        |                                    | BOXING BOOTCAMP<br>STUDIO C   KAYLA  | KICKBOXING<br>STUDIO C   PAT         |
| 4:00 P.M.                           |                                    |                                      |                                      |
|                                     | CYCLE<br>STUDIO A   LAELANI        |                                      | CYCLE<br>STUDIO A   LAELANI          |
| FORCE<br>STUDIO B   JOE             | FORCE<br>STUDIO B   ALYSSA         | YOGA SCULPT<br>STUDIO B   JAMES      | FORCE<br>STUDIO B   DAMIEN           |
| ALL LEVELS YOGA<br>STUDIO C   JAMES | KICKBOXING<br>STUDIO C   PAT       |                                      |                                      |
| 5:15 P.M.                           |                                    |                                      |                                      |
| CYCLE<br>STUDIO A   ALYSSA          | CYCLE<br>STUDIO A   ALYSSA         | CYCLE<br>STUDIO A   ALYSSA           |                                      |
| PILATES<br>STUDIO B   TAMARA        |                                    | ZUMBA®<br>STUDIO B   CHRISTINA       | BARRE<br>STUDIO B   TAMARA           |
|                                     | ALL LEVELS YOGA<br>STUDIO C   MARY | KICKBOXING<br>STUDIO C   JOE         | BOXING BOOTCAMP<br>STUDIO C   KAYLA  |
| 6:15 P.M.                           |                                    |                                      |                                      |
| CYCLE<br>STUDIO A   ANA             | CYCLE<br>STUDIO A   JULIANA        |                                      | CYCLE<br>STUDIO A   TAMERA           |
| STRONG NATION<br>STUDIO B   FATIMA  | PILATES<br>STUDIO B   TAMARA       | STRONG NATION<br>STUDIO B   FATIMA   | PILATES<br>STUDIO B   TAMARA         |
| TRAP YOGA<br>STUDIO C   TAMARA      |                                    | ALL LEVELS YOGA<br>STUDIO C   ALEXIS |                                      |
| 7:30 P.M.                           |                                    |                                      |                                      |
| CYCLE<br>STUDIO A   HAILEY          | CYCLE<br>STUDIO A   HAILEY         |                                      | CYCLE<br>STUDIO A   HAILEY           |
|                                     | FORCE<br>STUDIO B   ALEX           |                                      |                                      |
|                                     |                                    |                                      | ALL LEVELS YOGA<br>STUDIO C   TAMERA |

| FRIDAY                        | SATURDAY | SUNDAY |
|-------------------------------|----------|--------|
| 10:00 A.M.                    |          |        |
| CYCLE<br>STUDIO A   JULIANA   |          |        |
| 12:15 P.M.                    |          |        |
| CYCLE<br>STUDIO A   TAMERA    |          |        |
| TAI CHI<br>STUDIO C   KALINDI |          |        |



SCAN QR CODE  
TO REGISTER  
FOR CLASSES

## KEY

### CLASS FORMATS:

- DANCE, ZUMBA®
- CARDIO, CYCLE
- SCULPT, BARRE, PILATES
- BOXING BOOTCAMP, KICKBOXING
- MIND/BODY, YOGA, TAI CHI
- STRENGTH, HIIT

### LOCATION:

RECREATION & FITNESS CENTER (RC-91),  
FAU BOCA RATON CAMPUS

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES

Exercise  
is Medicine®  
On Campus

Florida Atlantic University®

@FAUCAMPUSREC

FITNESS@FAU.EDU | 561-297-0591 | FAU.EDU/CAMPUSREC

REASONABLE ACCOMMODATION SHOULD BE REQUESTED OF THE EVENT SPONSOR:  
CAMPUS RECREATION AT FITNESS@FAU.EDU OR 561-297-0591 TTY RELAY  
STATION 1-800-955-8770. PLEASE MAKE YOUR NEEDS KNOWN AS SOON AS  
POSSIBLE TO ALLOW SUFFICIENT TIME FOR EFFECTIVE ACCOMMODATIONS,  
PREFERABLY 5 DAYS BEFORE THE DATE OF THE EVENT.