

TCNJ GROUP FITNESS

Unlimited class membership: \$25 per semester

MONDAY

10am- Spin w/ Gabi
4:30pm - Cardio Kick w/ Judi
7pm - Zumba w/ Daniella

TUESDAY

7am- Cardio Sport w/ Leah
9am- Spin w/ Doug
10am- Yoga Flow w/ Doug
6pm- Spin w/ Tyrese
7pm- Bootcamp w/ Tyrese

WEDNESDAY

9am- Cardio Sport w/ Leah
11am- Spin w/ Gabi
12pm- Abs & Arms w/ Judi
1pm- Lower Body w/ Tyrese
5pm- Strong w/ Amanda

THURSDAY

9am- Yoga Flow w/ Judi
4pm- Spin w/ Jackie

FRIDAY

8am- Spin w/ Gabi
9am- Yoga Flow w/ Judi

SATURDAY

SUNDAY

1pm- Yoga Flow w/ Judi