

GROUP FITNESS SCHEDULE

Contact ilaria@tcnj.edu
for any questions!

FALL SEMESTER

2024

MON

9-10AM Yoga: Judi - SimplyFit
1-2PM Total Body: John - SimplyFit
6-7PM SPIN: Gabriella - TCNJ
7-8PM ZUMBA: Daniella - SimplyFit

TUES

4-5PM Lower Body: John - SimplyFit
7-8PM Arms & Abs: Tyrese - SimplyFit
5-6PM Cardio Sport: Leah - TCNJ

WED

8-9AM SPIN: Mikaela - TCNJ
9-10AM Cardio Sport: Leah - TCNJ
11AM-12PM SPIN: Gabriella - TCNJ
4-5PM Cardio Kick: Judi - SimplyFit
6-7PM Strong: Amanda - SimplyFit

THURS

10-11AM Yoga: Judi - SimplyFit
4-5PM SPIN: Mikaela - TCNJ
5:30-6:30PM Yoga: Judi - SimplyFit

FRI

10-11AM SPIN: Gabriella - TCNJ

SAT

11AM-12PM Boot Camp: Tyrese - SimplyFit

SUN

11AM-12PM Yoga: Judi - SimplyFit

GROUP FITNESS SCHEDULE

Classes: Rec Center 115/116 studio
Calisthenics: Circuits at fitness court

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9-10AM Yoga: Judi
1-2PM Total Body: John
4-5PM Calisthenics Circuit: Kie
6-7PM SPIN: Gabriella
7-8PM ZUMBA: Daniella

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TUES

7-8AM Cardio Sport: Leah
4-5PM Lower Body: John
7-8PM Arms & Abs: Tyrese

WED

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11AM-12PM SPIN: Gabriella
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4-5PM Calisthenics Circuit: Kie
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