

BERRY COLLEGE

Department of Recreation

2018 Spring Semester Group Fitness Classes at The Cage

Classes Start August 20, 2018
*** Except Kettlebells starts on 8/28**

BARRE ABOVE	Monday at 5:30pm & Wednesday at 4:30pm	Room 202 Room 202
CORE	Tuesday & Thursday at 12:15-12:45	Room 202
CYCLING	Tuesday at 6:30pm	Room 202
KETTLEBELLS*	Tuesday & Thursday at 6:30pm	Room 204
TRX SUSPENSION	Monday at 4:30pm Wednesday at 5:30pm	Room 202 Room 202
YOGA	Tuesday & Thursday at 11:00am Monday & Wednesday at 6:30pm	Room 202 Room 202
ZUMBA	Monday & Wednesday & Friday at Noon Mon, Tues, Wed, Thurs at 7:30pm	Room 202 Room 202

Reduce Stress • Build Strength
Improve Mobility • Develop Relationships