## Group Fitness Schedule

**August 26 - December 14**

### Monday
- 12:00 - 1:00 p.m., Room E194: ABC + Strength with Steve
- 11:00 - 11:50 a.m., Room E194: TBS + Flex with Mindy
- 5:30 - 6:30 p.m., Room E192: Vinyasa Yoga with Kristen

### Tuesday
- 12:00 - 1:00 p.m., Room E194: Cardio Dance with Mindy
- 12:00 - 1:00 p.m., Room E192: Pilates with James
- 5:30 - 6:30 p.m., Room E192: Vinyasa Yoga with Kristen
- 5:30 - 6:30 p.m., Room E194: Strength Circuits with Bill N

### Wednesday
- 10:30 - 11:30 a.m., Room E192: Saturday Sampler
- 5:30 - 6:30 p.m., Room E192: Vinyasa Yoga with Kristen
- 5:30 - 6:30 p.m., Room E194: Zumba® with Kay

### Thursday
- 12:10 - 12:50 p.m., Room E194: Spinning® with Lynda
- 12:10 - 12:50 p.m., Room E192: Spinning® with Lynda
- 5:15 - 6:00 p.m., Room E192: Pilates with James

### Friday
- 12:00 - 1:00 p.m., Room E194: ABC + Strength with Steve
- 12:00 - 1:00 p.m., Room E192: Vinyasa Yoga with Kristen
- 5:30 - 6:30 p.m., Room E192: Zumba® with Ramiro

### Saturday
- 9:15 - 10:15 a.m., Room E194: TBS + Flex with Beth
- 12:00 - 1:00 p.m., Room E192: ABC + Strength with Steve
- 5:30 - 6:30 p.m., Room E194: Power Strength with Darlene
- 5:30 - 6:30 p.m., Room E194: Zumba® with Kim KB

### Additional Specialty Classes
- ABC = Alignment, Balance Core
- TBS = Total Body Strength

## Saturday Sampler Schedule

- August 31: Vinyasa Yoga with Maria (Room E192)
- September 7: Boxing with Bill N (Room E194)
- September 14: Vinyasa Yoga with Maria (Room E192)
- September 21: Vinyasa Yoga with Piper (Room E192)
- September 28: Vinyasa Yoga with Maria (Room E192)
- October 5: Circuits with Bill N (Room E194)
- October 12: Vinyasa Yoga with Maria (Room E192)
- October 19: Vinyasa Yoga with Piper (Room E192)
- October 26: Vinyasa Yoga with Maria (Room E192)
- November 2: HIIT with Bill N (Room E194)
- November 9: Vinyasa Yoga with Maria (Room E192)
- November 16: Vinyasa Yoga with Maria (Room E192)
- November 23: TRX with Bill N (Room E194)
- November 30: Vinyasa Yoga with Piper (Room E192)
- December 7: TBD
- December 14: TBD

To request accommodations to fully participate in a group fitness class at WellWorks, please contact Annie Laurie Cadmus at cadmus@ohio.edu or 740.593.9458.