

BERRY COLLEGE

Department of Recreation

2018 Spring Semester Group Fitness Classes at The Cage

**REVISED SCHEDULE BEGINS
MONDAY, MARCH 19, 2018**

BARRE ABOVE	Monday at 5:30pm & Thursday at 6:30pm	Room 202 Room 202
CORE	Monday, Wednesday & Friday 12:15 -12:45	Room 202
H.I.I.T.	Wednesday at 5:30pm	Room 202
KETTLEBELLS	Tuesday at 6:30pm & Thursday at 6:30pm	Room 202 Track
TRX SUSPENSION	Monday & Wednesday at 4:30pm	Room 202
YOGA	Monday & Wednesday at 6:30pm & Tuesday & Thursday at 11:00am	Room 202 Room 202
ZUMBA	Mon, Tues, Wed, Thurs, Sunday at 7:30pm	Room 202

**Reduce Stress • Build Strength
Improve Mobility • Develop Relationships**