

BERRY COLLEGE

Department of Recreation

2017 Fall Semester Group Fitness Classes at The Cage

Classes Begin on Monday, August 21, 2017

BARRE ABOVE	Monday at 5:30pm & Thursday at 6:00pm	Room 202 Room 202
CYCLING	Tuesday & Thursday at 5:00pm	Room 202
H.I.I.T. (High intensity interval training)	Thursday at noon	Room 202
KETTLEBELLS	Tuesday at noon & Tuesday at 6:00pm & Thursday at 6:00pm	Room 202 Room 202 Track
POUND	Wednesday at 5:30pm	Room 202
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	Monday, Wednesday, Friday at Noon & Mon, Tues, Wed, Thurs at 7:30pm	Room 202 Room 202

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