

# BERRY COLLEGE

---

Department of Recreation

## 2018 Summer Semester Group Fitness Classes at The Cage

**NEW SCHEDULE BEGINS  
MONDAY, MAY 7, 2018**

TRX	Monday at 12:00 p.m.	Room 202
ZUMBA	Monday at 6:30 p.m.	Room 202
	Tuesday at 11:00 a.m.	Room 202
	Wednesday at 12:00 p.m.	Room 202
	Wednesday at 6:30 p.m.	
	Thursday at 11:00 a.m.	Room 202
YOGA	Tuesday at 5:30 p.m.	Room 202
	Thursday at 5:30 p.m.	Room 202
BARRE ABOVE	Wednesday* at 4:30 p.m.	Room 202
	*Barre Above begins May 23	
CORE	Friday at 12:00 p.m.	Room 202

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