

# FINALS WEEK

# GOOUCHERFIT

**MONDAY 10**

**1PM HIIT  
2PM YOGA  
3PM GOPHERSHRED  
4PM BOOTCAMP  
5PM YOGA  
6PM ZUMBA**

**WHAT & WHERE?**

**30 MINUTE MINI CLASSES TO DESTRESS, GET MOVING, AND RESET**

**ALL CLASSES WILL BE IN THE FIRST YEAR VILLAGE STUDIO**

**\*REGULAR 60 MINUTE CLASS**

**TUESDAY 11**

**1PM HIIT  
2PM YOGA  
3PM ABS/LOW BACK  
4PM BARRE\*  
5PM YOGA  
6PM ZUMBA**

**WHO?**

**YOU!  
STUDENTS, STAFF AND FACULTY WELCOME**

**CLASSES ARE STILL FREE AND DROP IN**

**WEDNESDAY 12**

**1PM HIIT  
2PM YOGA  
3PM GOPHERSHRED  
4PM BOOTCAMP  
5PM YOGA  
6PM ZUMBA**

**WHY?**

**SHORT BURSTS OF ACTIVITY HELP TO:**

- ALLEVIATE STRESS**
- BOOST PRODUCTIVITY**
- AUGMENT COGNITIVE FUNCTION**

**THURSDAY 13**

**1PM HIIT  
2PM YOGA  
3PM ABS/LOW BACK  
4PM BARRE\*  
5PM YOGA  
6PM ZUMBA**

**GOOD LUCK!**

**REMEMBER TO TAKE CARE OF YOURSELF THIS FINALS WEEK!**

