

SUNDAY

NO CLASSES



MONDAY

HIGH INTENSITY INTERVAL TRAINING

1 pm - First Year Village - Jen M

YOGA

5 pm- First Year Village- Lauren P

BOLLYWOODFIT

7:15 pm- Student Recreation Center - Multipurpose Room - Jeena/Sonia

TUESDAY

BARRE

4 pm - First Year Village - Lauren E

YOGA

5 pm- First Year Village- Jen M

INTRODUCTION TO WEIGHTLIFTING

7-9ish pm - Student Recreation Center- Weight Room - Jen M

WEDNESDAY

ZUMBA!

7 pm- Student Recreation Center - Multipurpose Room - Moe



THURSDAY

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GOPHERSHRED

-a high intensity interval style class-
5:15 pm - Student Recreation Center - Multipurpose Studio - Jen M

INTRODUCTION TO WEIGHTLIFTING

7-9ish pm - Student Recreation Center- Weight Room - Jen M

FRIDAY

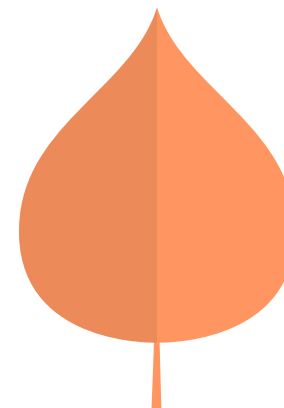
NO CLASSES



SATURDAY

ZUMBA!

1:30 pm- Student Recreation Center - Multipurpose Room - Moe



NOTES

NO CLASSES 11/21-11/25 FOR THANKSGIVING BREAK

All classes are open to student, staff, and faculty- anyone with a goucher ID card

Classes are suited for all levels of fitness and experience and can be modified to meet individual needs

Please dress appropriately in workout attire- it is suggested to bring water

Questions - Comments - Concerns
goucherrecreation@gmail.com

NOVEMBER

GOUCHERFIT GROUP CLASSES