

# Group Fitness

		Monday				Tuesday				Wednesday	
GF	4:30p	Yoga	Peyton	GF	7:00a	Yoga	Tori				
GF	5:30p	Zumba	Lisa	S	5:30p	Spin	Emily				
GF	6:30p	Salsa (dance)	Lisa	GF	6:30p	Hip Hop	Lexie				
		Thursday				Friday				Saturday	
GF	7:00a	Yoga	Tori							No classes currently scheduled on this date	
GF	4:30p	Zumba	Nataly	GF	12:00p	Employee - Yoga	Henry				
S	5:30p	Spin	Emily			GF - Group Fitness Room					
						S - Spin Studio					

## CLASSES

- **Spinning@** - Pedaling to the beat in a dark, nonjudgmental environment lets you torch calories & test your body.
- **Chaos** - Interval training, consisting of a mix of cardio, weights, and body-weight exercises.
- **Yoga**
- **Zumba**
- **Hip Hop**
- **Salsa Dance**

## INFORMATION

- Rates per class:
  - Student & Employee - **Free!!!**
  - Members - **Free!!!**
  - Non-Member- **\$7.00 drop-in**
  - Non-member Alumni - **\$5.00 drop-in**
- Package rates are as listed:
  - 10 sessions for \$50 or unlimited semester \$99.
- Classes are on a first come, first serve basis. Number cards are given at the SAC desk 20 minutes before start of class.
- Group Fitness passes are only valid in the semester they are purchased and are non-refundable.

**Web** [www.lipscomb.edu/campusrecreation](http://www.lipscomb.edu/campusrecreation)

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