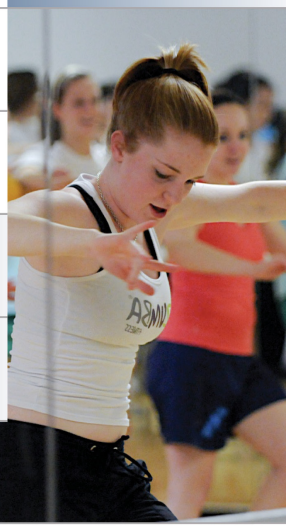
August 26 - December 5, 2019

FALL GROUP FITNESS

CLASS DESCRIPTION ON REVERSE

M	T	W	TH	F
6:30 - 7:30 AM Fac/Staff Only BOOTCAMP	11:00 - 11:45 AM YOGA Alex	6:30 - 7:30 AM Fac/Staff Only BOOTCAMP	6:30 - 7:30 AM FAC/STAFF ONLY YOGA	10:00 - 10:45 AM BISON RIDE* Liz
10:00 - 10:45 AM YOGA Laurie	12:10 - 12:50 PM KICKBOXING/H.I.I.T. Will	10:00 - 11:00 AM BISON RIDE* Sophie	11:00 - 11:45 AM YOGA Renee	Noon - 1:00 PM FAC/STAFF ONLY YOGA Renee
Noon - 1:00 PM FACSTAFF ONLY YOGA Laurie	3:00 - 4:00 PM BISON RIDE* Rachel	11:00 - 11:45 AM YOGA Laurie	12:10 - 12:50 PM KICKBOXING/H.I.I.T. Will	12:10 - 12:50 PM H.I.I.T. Christine
12:10 - 12:50 PM H.I.I.T. Christine	4:00 - 5:00 PM H.I.I.T. Julia	Noon - 1:00 PM Fac/Staff Only AIKIDO	3:00 - 4:00 PM BISON RIDE* Rachel	12:10 - 12:50 PM BISON RIDE* Rachel
12:10 - 12:50 PM BISON RIDE* Sophie	4:45 - 5:45 PM Fac/Staff Only TBC Dolores	12:10 - 12:50 PM BISON RIDE* Liz	4:00 - 5:00 PM H.I.I.T. Rachel	4:00 - 4:45 PM WARRIOR RIDE* Jason
4:00 - 4:45 PM WARRIOR RIDE* Jason	5:00 - 5:30 PM CORE STRENGTH Julia	12:10 - 12:50 PM H.I.I.T. Maggie	4:45 - 5:45 PM Fac/Staff Only TBC Dolores	4:30 - 5:30 PM TRX®* Maggie
4:30 - 5:30 PM TRX®* Maggie	6:00 - 7:00 PM BISON RIDE* Jewel	4:00 - 4:45 PM WARRIOR RIDE* Jason	5:00 - 5:30 PM CORE STRENGTH Rachel	4:45 - 5:15 PM WARRIOR CORE Jason
4:45 - 5:30 PM WARRIOR WORKOUT* Jason	6:00 - 7:00 PM TRX®* Maggie	4:45 - 5:30 PM WARRIOR WORKOUT Jason	6:00 - 7:00 PM BISON RIDE* Jewel	
5:30 - 6:30 PM BARRE BURN Jessica	7:00 - 8:00 PM H.I.I.T. Maggie	4:45 - 6:00 PM YOGA Sue Ellen Henry	6:00 - 7:00 PM POSITIVE VIBZ Jenny	
6:00 - 7:00 PM YOGA FOR MENTAL HEALTH Laurie	9:00 - 10:00 PM LATE NIGHT YOGA Alex	5:30 - 6:30 PM BARRE BURN Jessica	7:00 - 8:00 PM H.I.I.T. Christine	
6:00 - 6:45 PM BISON RIDE* Laura	WHERE IS GROUP FITNESS?	6:00 - 7:00 PM BISON RIDE* Laura	8:00 - 9:00 PM LATE NIGHT YOGA Renee	
6:30 - 7:00 PM ABS/CORE STRENGTH Jessica		6:30 - 7:00 PM ABS/CORE STRENGTH Jessica		
6:45 - 7:15 PM H.I.I.T. Laura	STUDIO 2	7:00 - 8:00 PM ZUMBA® Sandy	**SAT**	**SUN**
7:00 - 8:00 PM POSITIVE VIBZ Jenny	DANCE STUDIO ROOKE CHAPEL		10:30 - 11:10AM H.I.I.T./BISON RIDE* Christine	Noon - 1:00 PM BISON RIDE* Jewel
9:00 - 10:00 PM LATE NIGHT YOGA Alex	FIELDHOUSE * Indicates Class size is limited.		11:10 - 11:30AM ABS/CORE STRENGTH Christine	1:00 - 2:00 PM YOGA Alex

Download it now on

GET IT ON Google Play | Download on the App Store

BISON REC

Sign up for each class through the Bison Rec App. Registration begins 1 hour prior to class start time.

Be the first to know by following us!

Bucknell_Rec | Bison Rec | Bison Rec