

GROUP FITNESS CLASSES

4/4 - 6/5



MONDAY

Yoga Flow

12:15 - 1:00PM

Aurelie

Strength & Conditioning

5:00 - 5:45PM

Cady

Cycling

6:00 - 6:45PM

Annaliese

TUESDAY

HIIT

5:00 - 5:30PM

Annaliese

Cardio Dance

6:30 - 7:30PM

Cady

WEDNESDAY

Cycling

12:15 - 1:00PM

Angelena

Cardio Kickboxing

5:15 - 6:00PM

Annaliese

Cardio Dance

7:00 - 8:00PM

Maddie

THURSDAY

Cardio Kick

12:15 - 1:00PM

Aurelie

Strength & Conditioning

5:15 - 6:00PM

Cady

Power Yoga

6:30 - 7:30PM

Aurelie

FRIDAY

Strength & Conditioning

12:15 - 1:00PM

Angelena

SATURDAY

Cardio Dance

11:00 - 12:00PM

Maddie

▶ **FREE** to drop-in, or \$10 to pre-register for Students,
\$15 to pre-register for Non-Students

▶ For questions, email fitness@seattleu.edu
Register on **MINDBODY** app