THE REC
SOUTHEASTERN
LOUISIANA UNIVERSITY

GROUP FITNESS CLASS SCHEDULE

STRENGTH | CARDIO | COMBO | MIND + BODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SILVER SNEAKERS *10-10:55 am* Rissie Rm 228	**BARRE** *8:30 - 9:20 am* Joan L. Rm 225	**SILVER SNEAKERS** *10-10:55 am* Rissie Rm 228	**BARRE** *8:30 - 9:20 am* Joan L. Rm 225	**SILVER SNEAKERS** *10-10:55 am* Rissie Rm 228	**BARRE** *10-10:50 am* Joan L. Rm 225
SPIN *11:00am - 11:50am* Alexia Rm 225	**TAI CHI** *5-5:50 pm* Kazumi Rm 228	**SPIN** *11:00am - 11:50am* Alexia Rm 225	**TAI CHI** *5-5:50 pm* Kazumi Rm 228		**YOGA FLOW** *11-11:50 am* Joan L. Rm 225
SENIOR MOBILITY *11:15-12:00 pm* Rissie Rm 228	**WATER AEROBICS** *5:15-6:15 pm* Donna KHS Pool	**SENIOR MOBILITY** *11:15-12:00 pm* Rissie Rm 228	**WATER AEROBICS** *5:15-6:15 pm* Donna KHS Pool		
BREATHING/ STRETCHING *12-12:45 pm* Alexia Rm 225	**BARRE** *5:30 pm-6:30 pm* Julia W. Rm 225	**BREATHING/ STRETCHING** *12-12:45 pm* Alexia Rm 225	**BARRE** *5:30 pm-6:30 pm* Julia W. Rm 225		
TAI CHI *2-2:50 pm* Kazumi Rm 225	**F15** *6:15pm-7pm* Kristen C. Rm 228	**TAI CHI** *2-2:50 pm* Kazumi Rm 225	**YOGA FLOW** *6:30-7:20 pm* Julia W. Rm 225		
SPIN *4:15pm - 5:00pm* Lauren Rm 225	**YOGA FLOW** *6:30-7:20 pm* Julia W. Rm 225	**SPIN** *4:15pm - 5:00pm* Lauren Rm 225	**DANCE FITNESS** *6:30-7:20 pm* Maranda Rm 228		
WATER AEROBICS *5:15-6:15 pm* Donna KHS Pool	**DANCE FITNESS** *7:10-8:00 pm* Maranda Rm 228	**WATER AEROBICS** *5:15-6:15 pm* Donna KHS Pool	@ SLU_REC		
ZUMBA *5:15-6:05pm* Catherine Rm 228		**ZUMBA** *5:30-6:20 pm* Catherine Rm 228	/sluREC		
F15 *6:15pm-7pm* Kristen C. Rm 228		**BARRE** *5:30 pm-6:30 pm* Joan L. Rm 225			
YOGA *6:30-7:20 pm* Morgan Rm 225		**YOGA** *6:30-7:20 pm* Morgan Rm 228	@ SLU_REC		

PENNINGTON CENTER HOURS

MON-THURS:
5:30am - 10pm
FRI:
5:30 - 7pm
SAT:
9am - 6pm
SUN:
3pm - 8pm

KINESIOLOGY POOL HOURS

MON & WED:
12:30pm - 1:30pm
TUES & THURS:
6:30am - 7:30am
MON - THURS:
3:30pm - 8:00 pm
Friday:
Closed
Saturday:
1:00pm - 5:00pm
Sunday:
4:00pm - 7:00pm

For more information:
www.southeastern.edu/recsports
recsports@ southeastern.edu

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