

# GROUP FITNESS

MODIFIED CLASSES

## Thanksgiving Week (11/24 - 11/26)

Monday

### Bootcamp

9 - 9:45 am

Esther

RZ

### Glute Gains

5 - 5:45 pm

Anusha

MP1

### Mat Pilates

12 - 12:45 pm

Marianna

MP4

### Mat Pilates

6 - 6:45 pm

Mackenze

MP4

### Total Body

4 - 4:45 pm

Adrian

MP1

### Power Yoga

8 - 8:45 pm

Tina

MP4

### Vinyasa Yoga

8 - 8:45 am

Tina

MP4

### Kettleball Circuit

4 - 4:45 pm

Jordan

RZ

### Mat Pilates

5 - 5:45 pm

Alycia

MP4

### Mat Pilates

5 - 5:45 pm

Marianna

MP1

### Kettleball Circuit

7 - 7:45 pm

Jordan

MP4

MP 1 - 1st floor

MP 4 = 2nd floor

RZ = Red Zone

Looking for a quick burn? Join us for our full-body workouts at **Kettleball Circuit**, and **Total Body** classes!

Looking to relax? Join us for **Power Yoga**, **Vinyasa Yoga**, and **Mat Pilates**. Create a harmonious connection between your mind, body and spirit!



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Campus Recreation  
Division of Student Affairs