

Group Fitness Schedule

Sept 16 – Oct 25

Monday

8am: Spin w/ Carlee
515pm: Bootcamp
w/ Cassandra
530pm: Cycle w/ Molly
630pm: Pilates w/ Marisa

Wednesday

8am: Spin w/ Carlee
515pm: Bootcamp
w/ Cassandra
530pm: Cycle w/ Molly
630pm: Pilates w/ Marisa

Tuesday

7am: Cycle w/ Kendall
5pm: Dance Fitness
w/ Gloria
6pm: Core & More w/ Molly
630pm: Yoga w/ Gloria

Thursday

7am: Cycle w/ Kendall
5pm: Zumba Pop
w/ Cassandra
5pm: Spin w/ Carlee
630pm: Spicy Yoga w/ Gloria

Sunday

5pm: Yoga w/ Gloria

No pre-registration required. Bring water and a towel and get in a great workout! Schedule may change without notice.
Follow on IG for updates.

 @FresnoState_GroupFitness

FRESNO STATE

Recreational Sports & Fitness