

Fall 2021 Group Fitness

Effective: 11.08.21 - 12.13.21



@fgcu_campusrec



FGCU Campus Recreation



	Mon	Tues	Wed	Thurs	Fri
7:00am			Barre Fusion 45 mins	20/20/20 60 mins	
8:00am	Cycle 45 mins		20/20/20 60 mins		
12:00pm	Cycle 45 mins	HIIT 45 mins		Bootcamp 30 mins	Zumba 45 mins
4:00pm			Lower Body Burn 45 mins	HIIT 45 mins	Bootcamp 45 mins
5:00pm	HIIT Combat 45 mins	Barre 45 mins	Total Body Strength 45 mins	Ab Attack 30 mins	Cardio Hip-Hop 45 mins
6:00pm	Barre 45 mins	Zumba 45 mins	Stretch & Recovery 30 mins	Yoga 45 mins	Cycle 45 mins
7:00pm		Functional Training 45 mins	Cycle 45 mins	Ab Attack 30 mins	
8:00pm					
9:00pm	Zumba 45 mins				

EAGLE FIT CHALLENGE

At the completion of 30 classes, you are eligible for a prize! Pick up an #EagleFit card after any group fitness class to participate.

Register for all classes through the
FGCU Go app or rec.fgcu.edu

- Studio #1
- Studio #2
- Waterfront