



Adult Fitness Program—Group Fitness Schedule—August 2022

Warm-ups are offered at: MWF 6:15 a.m., MTWRF 12:05 p.m., & MWR 5:20 p.m.

HEALTH AND EXERCISE SCIENCE
COLORADO STATE UNIVERSITY

Mon (M)	Tue (T)	Wed (W)	Thu (R)	Fri (F)	Sat (S)
1 Stretch & Balance 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Yoga 5:45-6:30 p.m.	2 Stretch & Balance 12:25-12:50 p.m.	3 Fitball 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	4 Fitball 12:25-12:50 p.m.	5 Yoga 6:45-7:30 a.m.	6 Warm-up 8:15 a.m.
8 HIT the Circuit 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Yoga 5:45-6:30 p.m.	9 HIT the Circuit 12:25-12:50 p.m.	10 Arms Race 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	11 Arms Race 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	12 Yoga 6:45-7:30 a.m.	13 Warm-up 8:15 a.m.
15 Hi-Lo 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Yoga 5:45-6:30 p.m.	16 Hi-Lo 12:25-12:50 p.m.	17 L.O.W. 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	18 L.O.W. 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	19 Yoga 6:45-7:30 a.m.	20 Warm-up 8:15 a.m.
22 Stretch & Balance 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Yoga 5:45-6:30 p.m.	23 Stretch & Balance 12:25-12:50 p.m.	24 Fitball 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	25 Fitball 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	26 Yoga 6:45-7:30 a.m.	27 Warm-up 8:15 a.m.
29 HIT the Circuit 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Yoga 5:45-6:30 p.m.	30 HIT the Circuit 12:25-12:50 p.m.	31 Arms Race 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	1 Arms Race 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	2 Yoga 6:45-7:30 a.m. Tai Chi 12:30-1:15 p.m.	3 Warm-up 8:15 a.m.