



Adult Fitness Program—Group Fitness Schedule—November 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)
31 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.	1 HIT the Circuit 12:25-12:50 p.m.	2 Arms Race 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Zumba 6:00-6:45 p.m.	3 Arms Race 12:25-12:50 p.m.	4 Yoga 6:45-7:30 a.m.	5 Warm-up 8:15 a.m.
7 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.	8 Hi-Lo 12:25-12:50 p.m.	9 L.O.W. 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Zumba 6:00-6:45 p.m.	10 L.O.W. 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	11 Yoga 6:45-7:30 a.m.	12 Warm-up 8:15 a.m. Football Game Day
14 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.	15 Stretch & Balance 12:25-12:50 p.m.	16 Fitball 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Zumba 6:00-6:45 p.m.	17 Fitball 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	18 Yoga 6:45-7:30 a.m.	19 Warm-up 8:15 a.m.
21 CLOSED for Fall Break	22 CLOSED for Fall Break	23 CLOSED for Fall Break	24 CLOSED for Fall Break	25 CLOSED for Fall Break	26 CLOSED for Fall Break
28 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.	29 Hi-Lo 12:25-12:50 p.m.	30 L.O.W. 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m. Zumba 6:00-6:45 p.m.	1 L.O.W. 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	2 Yoga 6:45-7:30 a.m.	3 Warm-up 8:15 a.m.