



Adult Fitness Program—Group Fitness Schedule—December 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)
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.	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. Tai Chi 12:30-1:15 p.m.	3 Warm-up 8:15 a.m. Balance, Posture, & Healthy Aging Workshop 8:45-9:30 a.m.
5 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.	6 Stretch & Balance 12:25-12:50 p.m.	7 Fitball 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	8 Fitball 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	9 Yoga 6:45-7:30 a.m. Tai Chi 12:30-1:15 p.m.	10 Warm-up 8:15 a.m. Balance, Posture, & Healthy Aging Workshop 8:45-9:30 a.m.
12 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.	13 HIT the Circuit 12:25-12:50 p.m.	14 Arms Race 6:35-7:00 a.m. 12:25-12:50 p.m. 5:40-6:05 p.m.	15 Arms Race 12:25-12:50 p.m. Water Aerobics 5:30-6:30 p.m.	16 Yoga 6:45-7:30 a.m. Tai Chi 12:30-1:15 p.m.	17 Warm-up 8:15 a.m. Balance, Posture, & Healthy Aging Workshop 8:45-9:30 a.m.
19 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.	20 Hi-Lo 12:25-12:50 p.m.	21 CLOSED for Winter Break	22 CLOSED for Winter Break	23 CLOSED for Winter Break	24 CLOSED for Winter Break
26 CLOSED for Winter Break	27 CLOSED for Winter Break	28 CLOSED for Winter Break	29 CLOSED for Winter Break	30 CLOSED for Winter Break	31 CLOSED for Winter Break