December 2023 Group Fitness Schedule
Class Location: PAC Group Fitness Studio

Fitness for every body! Pre-registration and class descriptions can be found at rec.furman.edu.

**Monday, December 4**
- 12:30-1:15pm – Aerobics – Donna
- 6:15-7:00pm – Spin – Leah
- 8:00-9:00pm – Awakening Yoga – Kaya

**Tuesday, December 5**
- 12:30-1:15pm – Mindful Yoga – Min-Ken Liao
- 4:30-5:30pm – Spin & Tone – Stephanie
- 7:00-7:45pm – HIIT – Hannah
- 8:00-8:30pm – Core30 – Hannah

**Wednesday, December 6**
- 4:30-5:30pm – Power Yoga – Stephanie
- 7:00-7:30pm – Spin30 – Leah
- 8:00-9:00pm – Awakening Yoga – Kaya

**Thursday, December 7**
- 12:30-1:15pm - Barre – Jane McBride
- 5:15-6:00pm – Spin – Donna
- 6:15-7:15pm - Yoga – Donna

**Friday, December 8**
- 12:30-1:15pm – Yoga – Stephanie

**Monday, December 11**
- 12:30-1:15pm – Aerobics – Donna
- 6:15-7:00pm – Spin – Leah

**Tuesday, December 12**
- 12:30-1:15pm – Mindful Yoga – Linnea Freeman
- 7:00-7:45pm – HIIT – Hannah
- 8:00-8:30pm – Core30 – Hannah

**Wednesday, December 13**
- 7:00-7:30pm – Spin30 – Leah

**Thursday, December 14**
- 12:30-1:15pm - Barre - Jane McBride
- 5:15-6:00pm – Spin – Donna
- 6:15-7:15pm - Yoga – Donna

**Monday, December 18**
- 12:30-1:15pm – Aerobics – Donna

**Tuesday, December 19**
- 12:30-1:15pm – Mindful Yoga – Linnea Freeman
Thursday, December 21 - 12:30-1:15pm - Barre - Stephanie

See posted schedules within the Lay Physical Activities Center and our Instagram story for any changes to this schedule.
Follow us on Instagram @FurmanCRW
For more information email haley.manus@furman.edu