SUMMER EMPLOYEE FITNESS SCHEDULE

Must purchase All-Access Membership to participate July 19-Aug. 23

Must register for all classes at https://recreation.udel.edu

UNIVERSITY OF DELAWARE
EMPLOYEE HEALTH & WELLBEING

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.	**SPRINT (30)** CSB Cycle Studio Brenda	**BODYPUMP (50)** CSB 171A Jessica	**CYCLE (45)** CSB Cycle Studio Kristin	**BODYPUMP (50)** CSB 171A Milinda	**SPRINT (30)** CSB Cycle Studio Brenda
CARPENTER SPORTS BUILDING					
11 a.m.	**BODYPUMP (50)** CSB 171A Chelsea	**SPRINT (30)** CSB Cycle Studio Chelsea	**BODYPUMP (50)** CSB 171A Chelsea	**SPRINT (30)** CSB Cycle Studio Chelsea	
12 p.m.	**YOGA (45)** CSB Gym 3 Kelsey		**YOGA (45)** CSB Gym 3 Kelsey		***TAI CHI (60) FUNDAMENTALS*** CSB Gym 3 Herbert
12:15 p.m.	**CORE CONDITIONING (30)** CSB 259 Melissa	**BODYCOMBAT (45)** CSB 259 Chelsea	**CORE CONDITIONING (30)** CSB 259 Renee	**BODYCOMBAT (45)** CSB 259 Amy	**GRIT ROTATION (30)** CSB 171A Jessica
1 p.m.		**PILATES TONE (60)** CSB Gym 3 Serita		**PILATES TONE (60)** CSB Gym 3 Serita	**YOGA (45)** CSB 171A Christine
SOUTH CAMPUS					
12 p.m.				**EXERCISE & CONDITIONING (60)** FH Weight Room Milinda	
12:15 p.m.	**EXERCISE & CONDITIONING (45)** FH Erg Room Milinda	**YOGA (45)** FH Erg Room Cherish			
12:30 p.m.			**BODYCOMBAT (45)** FH Indoor Turf Amy		
CARPENTER SPORTS BUILDING / SOUTH CAMPUS					
5:15 p.m.	**CARDIO STRENGTH (60)** CSB 259 Jaime	**CYCLE (45)** CSB Cycle Studio Polly	**CARDIO STRENGTH (60)** CSB 259 Polly		
5:30 p.m.	**YOGA (60)** STAR Tower 419 Cherish			**ZUMBA GOLD (60)** CSB 260 Kristin	

Please note: Train Like an Athlete has been CANCELED for the summer.

Tai Chi Fundamentals- Special summer program series. Employees must register by June 14.

(30)= 30 minutes, (45)= 45 minutes, (50)= 50 minutes, (60)= 60 minutes

FH= Field House, CSB= Carpenter Sports Building (Lil Bob)

www.udel.edu/wellbeing