

# August Interim **WELLNESS WORKS!** Fitness Schedule

**August 8 - August 24, 2017**

\***WELLNESS WORKS!** participants are required to sign-in at the Rec Center Member Services desk for classes

DATE	TIME	CLASS	Location	ROOM
<b>Tuesday, August 8</b>	12:15 - 1:00	Body Blaster	Rec	301
	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30-6:00	321 Burn	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Wednesday, August 9</b>	12:15 - 1:00	Wellness Works Body Blaster	Rec	2221
	12:15 - 1:00	Step & Sculpt	Rec	301
	4:45 - 5:30	Kickboxing	Piranha Fitness	Studio
	5:30 - 6:30	Cycle 6 Pack	Rec	302
	5:30 - 6:15	Kickboxing	Piranha Fitness	Studio
<b>Thursday, August 10</b>	12:15 - 1:00	Body Blaster	Rec	301
	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30 - 6:15	Zumba	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Friday, August 11</b>	<b>No Group RecXercise Classes - Graduation!</b>			
<b>Monday, August 14</b>	12:15 - 1:00	Wellness Works Yoga	Rec	2221
	12:15 - 1:00	Cardio Step Party	Rec	301
	4:45 - 5:30	Bands, Balls, & Straps	Piranha Fitness	Studio
	5:30 - 6:00	HIIT 30	Rec	301
	5:30 - 6:15	Kickboxing	Piranha Fitness	Studio
<b>Tuesday, August 15</b>	12:15 - 1:00	Body Blaster	Rec	301
	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30 - 6:15	Pilates Express	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Wednesday, August 16</b>	12:15 - 1:00	Step & Sculpt	Rec	301
	12:15 - 1:00	Wellness Works Body Blaster	Rec	2221
	4:45 - 5:30	Kickboxing	Piranha Fitness	Studio
	5:30 - 6:30	Hardcore Cycle	Rec	302
	5:30 - 6:15	Kickboxing	Piranha Fitness	Studio
	12:15 - 1:00	Body Blaster	Rec	301

<b>Thursday, August 17</b>	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30 - 6:15	Yoga	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Friday, August 18</b>	12:15 - 1:00	Wellness Works Total training	Rec	2221
	12:15 - 1:15	Yoga	Rec	301
<b>Monday, August 21</b>	12:15 - 1:00	Step & Sculpt	Rec	301
	12:15 - 1:00	Wellness Works Yoga	Rec	2221
	4:45 - 5:30	Bands, Balls, & Straps	Piranha Fitness	Studio
	5:30 - 6:15	Cardio Dance Party	Rec	301
	5:30 - 6:15	Kickboxing	Piranha Fitness	Studio
<b>Tuesday, August 22</b>	12:15 - 1:00	Body Blaster	Rec	301
	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30 - 6:15	Yoga Beatz	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Wednesday, August 23</b>	12:15 - 1:00	Wellness Works Body Blaster*	Rec	2221
	12:15 - 1:00	Cardio Step Party	Rec	301
	4:45 - 5:30	Kickboxing	Piranha Fitness	Studio
	5:30 - 6:30	Cycle 6 Pack	Rec	302
	5:30 - 6:15	Kickboxing	Piranha Fitness	Studio
<b>Thursday, August 24</b>	12:15 - 1:00	Body Blaster	Rec	301
	12:15 - 1:00	Outdoor Water	Rec	Outdoor Pool
	4:45 - 5:30	Cycling	Piranha Fitness	Studio
	5:30 - 6:00	321 Burn	Rec	301
	5:30 - 6:30	Cardio Dance	Piranha Fitness	Studio
<b>Friday, August 25</b>	No Fitness Sessions			
<b>Monday, August 28</b>	<b>First Day of Fall <i>WELLNESS WORKS!</i> Fitness Session Schedule</b>			
Unless noted, classes are facilitated by Texas A&M Rec Sports				
Light Grey cells denote classes that will be located at Piranha Fitness Studio - <a href="http://www.piranhafitnessstudio.com">www.piranhafitnessstudio.com</a>				
Blue cells denote classes that are <i>WELLNESS WORKS!</i> classes located at the Rec				
White cells denote that classes will take place at Texas A&M Student Rec Center				
*Exclusive classes for staff/faculty only at Texas A&M Recreational Sports				