

May 2017 Interim *WELLNESS WORKS!* Schedule

May Interim *WELLNESS WORKS!* Fitness Schedule May 3 - May 26, 2017

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

Date	Time	Class	Location	Room
Mon, May 22	11:45am - 12:30pm	Pilates	Memorial Student Center (MSC)	L427
	12:15pm - 1:00pm	Cardio Step Party	Rec Center	301
	4:45pm - 5:30pm	Bands, Balls & Straps	Piranha Fitness	Studio
	5:30pm - 6:15pm	Kickboxing	Piranha Fitness	Studio
Tues, May 23	4:45pm - 5:30pm	Cycling	Piranha Fitness	Studio
	5:30pm - 6:15pm	Body Blaster	Rec Center	301
	5:30pm - 6:30pm	Cardio Dance	Piranha Fitness	Studio
Wed, May 24	11:45am - 12:30pm	Pilates	Memorial Student Center (MSC)	L427
	12:15pm - 1:00pm	Cardio Step & Sculpt	Rec Center	301
	4:45pm - 5:30pm	Kickboxing	Piranha Fitness	Studio
	5:30pm - 6:15pm	Kickboxing	Piranha Fitness	Studio
Thurs, May 25	4:45pm - 5:30pm	Cycling	Piranha Fitness	Studio
	5:30pm - 6:15pm	Body Blaster	Rec Center	301
	5:30pm - 6:30pm	Cardio Dance	Piranha Fitness	Studio
Fri, May 26	12:15pm - 1:15pm	TGIF Yoga	Rec Center	301
Mon, May 29	Memorial Day - NO CLASSES			
Tues, May 30	First Day of Summer <i>WELLNESS WORKS!</i> Fitness Session Schedule			
Unless noted, classes are facilitated by Texas A&M Rec Sports				
Light Grey cells denote classes that will be located at Piranha Fitness Studio - www.piranhafitnessstudio.com				
Blue cells denote classes that will be located on campus				
Dark Grey 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				