

FALL FITNESS SESSIONS!

Updated 8/30/16

FREE group classes for A&M faculty & staff employees!

Class Descriptions @ WELLNESS.TAMU.EDU

Schedule August 29th – December 7th

In addition to our FREE fitness sessions across Texas A&M University, *WELLNESS WORKS!* has partnered with Texas A&M Rec Sports to offer FREE fitness classes for faculty and staff as part of their Group RecXercise program! These RecXercise classes are held at the Student Recreation Center (Rec). *WELLNESS WORKS!* has also partnered with Piranha Fitness Studios to offer select FREE private fitness classes for faculty and staff as part of their Group Classes program located at Piranha Fitness Studio. Details below.

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 am – 7:15 am Cycle 30 Rec Center Room 302	7:00 am – 7:45 am Motivation Meditation PEAP 211 <i>Facilitated by Open Sky Health</i>	6:30 am – 7:15 am Cycle 30 Rec Center Room 302	
7:30 am – 8:15 am Cardio Fusion Rec Center Room 301		7:30 am – 8:15 am Cardio Fusion Rec Center Room 301		7:30 am – 8:15 am H.I.I.T The Dance Floor Rec Center Rec 301
11:45 am – 12:30 pm Pilates MSC L427	11:45 am – 12:30 pm Yoga MSC L427	11:45 am – 12:30 pm Pilates MSC L427	11:45 am – 12:30 pm Yoga MSC L427	
	11:45 am – 12:30 pm Tai Chi & Qigong MSC 2440 Forsyth Galleries <i>Facilitated by Open Sky Health</i>	11:45 am – 12:30 pm Tai Chi & Qigong MSC 2440 Forsyth Galleries <i>Facilitated by Open Sky Health</i>	11:45 am – 12:30 pm Tai Chi & Qigong MSC 2440 Forsyth Galleries <i>Facilitated by Open Sky Health</i>	
12:15 pm – 1:00 pm WELLNESS WORKS! Yoga* Rec Center Room 303		12:15 pm – 1:00 pm WELLNESS WORKS! Body Blaster* Rec Center Room 303		12:15 pm – 1:00 pm WELLNESS WORKS! Cycle 30* Rec Center Room 302
4:45 pm – 5:30 pm Yoga PEAP 115	4:45 pm – 5:30 pm Zumba GSC Breakroom	4:45 pm – 5:30 pm Zumba PEAP 115	4:45 pm – 5:30 pm Cardio Fusion GSC Breakroom	
	4:45 pm – 5:30 pm Boot Camp PEAP 116		4:45 pm – 5:30 pm Boot Camp PEAP 116	
4:45 pm – 5:30 pm Kickboxing Piranha Fitness	4:45 pm – 5:30 pm Cycling Piranha Fitness	4:45 pm – 5:30 pm Kickboxing Piranha Fitness	4:45 pm – 5:30 pm Cycling Piranha Fitness	
4:45 pm – 5:30 pm H.I.I.T The Weights Piranha Fitness		4:45 pm – 5:30 pm H.I.I.T The Weights Piranha Fitness		
5:30 pm – 6:15 pm Cardio Water Rec Center Instructional Pool	5:30 pm – 6:15 pm Cardio Water Rec Center Instructional Pool	5:30 pm – 6:15 pm Aqua Zumba Rec Center Instructional Pool	5:30 pm – 6:15 pm Cardio Water Rec Center Instructional Pool	

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

About Piranha Fitness Studio

For *WELLNESS WORKS!* participants, private fitness sessions at Piranha Fitness Studio will be available by reservation only beginning August 30. In order to gain access to the Piranha reservation system, *WELLNESS WORKS!* participants will need to **create an account at <http://bit.do/piranha> AND send an email to info@piranhafitnessstudio.com**. Once the participants' eligibility to participate has been confirmed (Texas A&M faculty or staff only), participants will **receive a confirmation email with instructions** on how to reserve a spot in the private fitness sessions. Parking is available in the lot located in front of Piranha Fitness Studio which is located at 315 College Avenue, College Station, TX 77840 (located off University Drive behind IHOP). No parking permit or vehicle tag is required in this area of the parking lot.

For more details about classes listed in the schedule, visit: WELLNESS.TAMU.EDU

Schedule is subject to change. For most up-to-date-schedule, visit the website.



HUMAN RESOURCES

email: wellness@tamu.edu

web: wellness.tamu.edu

WELLNESS WORKS!