



**RAVENS**

# GROUP FITNESS CUFIT PASS

## FALL 2018

Please click on a class to register

| MONDAY                                                        | TUESDAY                                                                | WEDNESDAY                                                             | THURSDAY                                                          | FRIDAY                                                   | SATURDAY                                                | SUNDAY                                             |
|---------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|
| 6:30 - 7:15 am<br><b>Express Boot Camp</b><br>COMBATIVES ROOM | 7 - 7:45 am<br><b>Butt &amp; Gut</b><br>COMBATIVES ROOM                | 6:30 - 7:15 am<br><b>Express Boot Camp</b><br>COMBATIVES ROOM         | 7 - 7:45 am<br><b>Butt &amp; Gut</b><br>COMBATIVES ROOM           | 7 - 7:45 am<br><b>Boot Camp</b><br>COMBATIVES ROOM       |                                                         |                                                    |
|                                                               | 10 - 11 am<br><b>Just Lift</b><br>COMBATIVES ROOM                      |                                                                       | 10 - 11 am<br><b>Bands, Buns &amp; Balls</b><br>COMBATIVES ROOM   |                                                          | 9 - 10 am<br><b>Weekend Warriors</b><br>COMBATIVES ROOM | 10 - 11 am<br><b>Boot Camp</b><br>COMBATIVES ROOM  |
| 12 - 1 pm<br><b>Insanity Live</b><br>COMBATIVES ROOM          | 12 - 1 pm<br><b>Zumba</b><br>COMBATIVES ROOM                           | 12 - 1 pm<br><b>Muscle Mix</b><br>COMBATIVES ROOM                     | 12 - 1 pm<br><b>HIIT</b><br>COMBATIVES ROOM                       | 12 - 1 pm<br><b>Zumba</b><br>COMBATIVES ROOM             |                                                         | 12:30 - 1:30 pm<br><b>Zumba</b><br>COMBATIVES ROOM |
| 12 - 1 pm<br><b>Step</b><br>MULTIPURPOSE ROOM                 | 12:10 - 12:50 pm<br><b>Express Boot Camp</b><br>MULTIPURPOSE ROOM      | 12 - 1 pm<br><b>ELDOA</b><br>MULTIPURPOSE ROOM                        | 12 - 1 pm<br><b>Pilates For All</b><br>MULTIPURPOSE ROOM          | 12:10 - 12:50 pm<br><b>Tabata</b><br>MULTIPURPOSE ROOM   |                                                         |                                                    |
|                                                               | 12 - 1 pm<br><b>Pilates for All</b><br>ROOM 2404                       |                                                                       |                                                                   | 12 - 1 pm<br><b>Pilates Fusion</b><br>ROOM 2404          |                                                         |                                                    |
| 4:15 - 5 pm<br><b>Cardio Fusion</b><br>COMBATIVES ROOM        | 4:30 - 5:30 pm<br><b>Ballet Barre Pilates Combo</b><br>COMBATIVES ROOM | 4:45 - 5:30 pm<br><b>Cardio Fusion</b><br>COMBATIVES ROOM             |                                                                   | 4:30 - 5:15 pm<br><b>15/15/15</b><br>COMBATIVES ROOM     |                                                         |                                                    |
| 5 - 6 pm<br><b>Zumba</b><br>COMBATIVES ROOM                   |                                                                        | 5 - 6 pm<br><b>Body Sculpting By Essentrics™</b><br>MULTIPURPOSE ROOM |                                                                   | 4:30 - 5:30 pm<br><b>Cardio Jam</b><br>MULTIPURPOSE ROOM |                                                         |                                                    |
| 5 - 6 pm<br><b>Top Guns Rock Bottom</b><br>MULTIPURPOSE ROOM  |                                                                        | 6 - 7 pm<br><b>HIIT</b><br>MULTIPURPOSE ROOM                          | 6:15 - 7:15 pm<br><b>Power Step &amp; Core</b><br>COMBATIVES ROOM |                                                          |                                                         |                                                    |
| 5 - 6 pm<br><b>Yoga Pilates Tune-Up</b><br>YOGA ROOM          | 6 - 7 pm<br><b>Bodyworks</b><br>COMBATIVES ROOM                        | 7:30 - 8:15 pm<br><b>Aerobic Kickboxing</b><br>COMBATIVES ROOM        | 6:30 - 7:30 pm<br><b>HIIT</b><br>MULTIPURPOSE ROOM                |                                                          |                                                         |                                                    |
| 6 - 7 pm<br><b>Tabata</b><br>MULTIPURPOSE ROOM                | 7 - 7:30 pm<br><b>Power Core</b><br>COMBATIVES ROOM                    | 8:15 - 9 pm<br><b>Boxing Boot Camp</b><br>COMBATIVES ROOM             |                                                                   |                                                          |                                                         |                                                    |

COMBATIVES ROOM

MULTIPURPOSE ROOM

ROOM 2404

YOGA ROOM

No classes are scheduled Monday, October 8<sup>th</sup> (Thanksgiving)



**RAVENS**

# GROUP CYCLING CUFIT PASS

## FALL 2018

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| MONDAY                                                      | TUESDAY                              | WEDNESDAY                                 | THURSDAY                                | FRIDAY                        | SATURDAY                           |
|-------------------------------------------------------------|--------------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------|------------------------------------|
|                                                             | 7 - 7:45 am<br><b>Spin Into Gear</b> |                                           | 7 - 7:45 am<br><b>Spin Into Gear</b>    |                               | 9:30 - 10:30 am<br><b>The Ride</b> |
|                                                             |                                      | 11:25 - 12:05 pm<br><b>Express Spin 1</b> |                                         |                               |                                    |
| 12 - 1 pm<br><b>Spin 101</b>                                | 12 - 1 pm<br><b>Booty Spin</b>       | 12:10 - 12:50 pm<br><b>Express Spin 2</b> | 12 - 1 pm<br><b>Spin &amp; Strength</b> | 12 - 1 pm<br><b>Spin Core</b> |                                    |
| 5 - 6 pm<br><b>Spin &amp; Stretch</b>                       | 5 - 6 pm<br><b>The Party</b>         | 5 - 6 pm<br><b>Booty Spin</b>             | 5 - 6 pm<br><b>Spin 101</b>             |                               |                                    |
| 6:30 - 8 pm<br><b>Spin Boot Camp<br/>&amp; Yoga Stretch</b> |                                      |                                           |                                         |                               |                                    |

GROUP CYCLING ROOM



**RAVENS**

# YOGA CUFIT PASS

## FALL 2018

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| MONDAY                                         | TUESDAY                                   | WEDNESDAY                                   | THURSDAY                                  | FRIDAY                                              | SATURDAY                          | SUNDAY                                        |
|------------------------------------------------|-------------------------------------------|---------------------------------------------|-------------------------------------------|-----------------------------------------------------|-----------------------------------|-----------------------------------------------|
| 9 - 10 am<br><b>Yoga Breath &amp; Movement</b> |                                           | 10 - 11:30 am<br><b>Yin Yang Yoga</b>       |                                           |                                                     |                                   | 9:30 - 11 am<br><b>Power &amp; Peace Yoga</b> |
| 12 - 1 pm<br><b>Yoga</b>                       | 12 - 1 pm<br><b>Power Yoga</b>            | 12 - 1 pm<br><b>Yoga</b>                    | 12 - 1 pm<br><b>Yoga</b>                  | 12 - 1 pm<br><b>Yoga</b>                            | 11 - 12:30 pm<br><b>Yoga Core</b> |                                               |
| 3:30 - 4:30 pm<br><b>Gentle Yoga</b>           | 2:30 - 4 pm<br><b>Yin Yoga</b>            | 1 - 2:30 pm<br><b>Flow Yin Power Fusion</b> | 1 - 2:30 pm<br><b>Women's Only Yoga</b>   | 1:30 - 3 pm<br><b>Yoga for Shoulders &amp; Hips</b> |                                   |                                               |
| 5 - 6 pm<br><b>Yoga Pilates Tune-Up</b>        | 5 - 6:30 pm<br><b>Yoga</b>                | 5 - 6:30 pm<br><b>Yoga</b>                  |                                           |                                                     |                                   |                                               |
| 6 - 7:30 pm<br><b>Yoga</b>                     | 7 - 8:30 pm<br><b>Gentle Evening Yoga</b> | 7 - 8 pm<br><b>Yoga</b>                     | 6 - 7:30 pm<br><b>Gentle Evening Yoga</b> |                                                     |                                   |                                               |

YOGA ROOM