

Summer NEIU Group Fitness Schedule May 20—August 2, 2019

MONDAY

| | | | |
|--------------|-------------------------|----|-------|
| 12:15-1:00pm | Sculpt & Core | S1 | Sandy |
| 1:00—1:45pm | Yoga Foundations | S1 | Sandy |
| 5:00-5:45pm | Total Body Conditioning | S1 | Lucy |
| 5:45-6:30pm | Cardio Mix | S1 | Lucy |

TUESDAY

| | | | |
|--------------|----------------------|----|-------|
| 12:00-1:00pm | Cardio Belly Dancing | S1 | Fabio |
| 1:00-2:00pm | Zumba® | S1 | Fabio |
| 2:00-3:00pm | Sculpt & Core | S1 | Pam |
| 5:00-5:45pm | Sculpt & Core | S1 | Lucy |
| 5:45-6:30pm | Latin Rhythms | S1 | Lucy |

WEDNESDAY

| | | | |
|--------------|--------------------------|----|-------|
| 12:15-1:00pm | Sculpt & Stretch | S1 | Sandy |
| 1:00-1:45pm | Pilates | S1 | Sandy |
| 1:30-2:30pm | Yoga | S2 | Nancy |
| 4:00-5:00pm | Tai Chi Basics | S1 | Tom |
| 5:00-6:00pm | Tai Chi | S1 | Tom |
| 5:00—5:45pm | Strength Training Basics | FC | Bryan |
| 5:45-6:30pm | Cardio Mix | FC | Bryan |

THURSDAY

| | | | |
|---------------|-------------------------|----|---------|
| 12:15-12:45pm | HIIT | S1 | Crystal |
| 12:45-1:45pm | Sculpt & Core | S1 | Crystal |
| 5:45-6:30pm | Total Body Conditioning | S1 | Lucy |
| 5:45-6:30pm | Latin Rhythms | S1 | Lucy |

FRIDAY

| | | | |
|---------------|-------------------------|----|---------|
| 11:30-12:15pm | Sculpt & Core | S1 | Crystal |
| 12:15-1:00pm | HIIT | S1 | Crystal |
| 1:00-2:00pm | Yoga | S1 | Nancy |
| 5:00-5:45pm | Total Body Conditioning | S1 | Bryan |
| 5:45-6:30pm | Core & Stretch | S1 | Bryan |

** REGISTRATION INFORMATION **

All classes are complementary during the summer
*Registration is required prior to attendance *

Classes may be cancelled due to low attendance and/or registration please check online postings and/or PE complex front desk.

Register at the NEIU Campus Recreation active net site

www.neiu.edu/campusrec

In person before class at
773 442 4135

Current NEIU student ID or Membership is REQUIRED to enter the PE Complex at ALL TIMES.

Come in exercise clothing, clean sole gym shoes and bring water.

Late comers check with instructor if is ok to join the class.

If leaving early position yourself towards the back and make sure to cool down and stretch on your own.

Class format and/or instructor are subject to change.

Classes may be cancelled due to low attendance/registration.

For all updates check postings in PE complex or front desk.

Studios are located at the end of racquetball courts.

Fitness Center is located in the second next to 2140.

Athletic Field is located south of the PE complex.



PE Complex is CLOSED

MAY 28 & JULY 4

Updated May 16, 2019