

BERRY COLLEGE

Department of Recreation

2018 FALL Semester Group Fitness Classes at The Cage

**Revised Fall Schedule 2nd Seven Weeks
Begins October 8, 2018**

BARRE ABOVE	Monday at 5:30pm &	Room 202
	Wednesday at 4:30pm	Room 202
CORE	Tuesday & Thursday at 12:15-12:45	Room 202
KETTLEBELLS	Tuesday & Thursday at 6:30pm	Room 204
TRX SUSPENSION	Monday at 4:30pm	Room 202
	Wednesday at 5:30pm	Room 202
YOGA	Tuesday & Thursday at 11:00am	Room 202
	Monday & Wednesday at 6:30pm	Room 202
ZUMBA	Monday & Wednesday & Friday at Noon	Room 202
	Mon, Tues, Wed, Thurs at 7:30pm	Room 202

**Reduce Stress • Build Strength
Improve Mobility • Develop Relationships**