



APRIL 2021 GROUP FITNESS SCHEDULE

Please refer to the club calendar and the fitness class listserv for the most recent class schedule and updates. (<https://facultyclub.duke.edu/calendar.html>)

Day	Time	Class	Location	Instructor
Monday	8:15-9:00am	Arms & Core	Virtual	Jonathan
Monday	12:00-12:45pm	Zumba	Virtual	Paula
Tuesday	8:15-9:00am	Legs & Core	Virtual	Jonathan
Tuesday	11:00-11:45am	Aqua Blast	Lap Pool	Jenn
Tuesday	12:00-12:45pm	Strength Training	Virtual	Kat
Tuesday	6:15-7:00pm (on 4/6 only)	Yoga & Meditation	Activities Room	Anne
Wednesday	8:15-9:00am	Cardio Kickboxing	Virtual	El
Wednesday	12:00-1:00pm	Yoga	Virtual	Gigi
Wednesday	6:15-7:00pm	Mat Pilates	Virtual	Alicen
Thursday	8:15-9:00am	Circuit Training	Virtual	Jonathan
Thursday	11:00-11:45am	Aqua Blast	Lap Pool	Jenn
Thursday	12:00-12:45pm	Strength Training	Virtual	Kat
Friday	11:30-12:15pm	HIIT	Virtual	Kat
Friday	12:00-1:00pm	Restorative Yoga	Activities Room	Gigi
Saturday	10:15-11:00am (alternates location weekly)	Bootcamp	Virtual/ Picnic Shelter	Derek/ Jonathan
Sunday	2:00-3:00pm	Yoga	Virtual	David