

GROUP FITNESS | Finals Week SCHEDULE | Fall '21



Schedule runs Dec. 6 - 10 // Reservations required for all classes.
Register online at connect.recreation.gmu.edu.

- 💰 - All classes are FREE for Full-time students and members
- 🌟 - Indicates a FREE demo of our usual fee-based classes.

Monday

- 🌟 12:15 pm - Pink Gloves Boxing | Jenn DLR // AFC 118
- 12:15 pm - Cycle | Stephanie // AFC 038
- 5:00 pm - Barre | Catherine // AFC 118
- 🌟 6:00 pm - Move like an Athlete | Connor // AFC 118
- 6:30 pm - Japanese Jiu Jitsu with Brian // RAC 2002
- 6:30 pm - Cardio Yoga | Catherine // RAC 2202

Tuesday

- 6:45 am - Cycle with Steve // AFC 038
- 12:15 pm - Strictly Strength | Jen M // AFC 118
- 5:15 pm - Yoga | Stefan // RAC 2202
- 🌟 5:30 pm - Pink Gloves Boxing | Jenn DLR // AFC 118
- 6:30 pm - Aikido | Stefan // RAC 2002

Wednesday

- 12:15 pm - Cycle | Jen // AFC 038
- 5:30 pm - Boot Camp | Jenn DLR // AFC 118
- 🌟 5:30 pm - Self Defense All Levels | Kayla // RAC 2002
- 6:30 pm - Yoga | Veronique // RAC 2202

Thursday

- 12:15pm - Barre | Catherine // AFC 118
- 12:00 pm - Aqua Aerobics with Ola // AFC Rec Pool
- 🌟 5:30 pm - Move Like An Athlete | Connor // AFC 118
- 6:30 pm - Yoga | Veronique // RAC 2202

Friday

- 12:15 pm - Cycle | Steve // AFC 038
- 4:30 pm - Strength & Kettlebells | Jen // AFC 118
- 5:15 pm - Yoga | Veronique // RAC 2202

REGISTER NOW



RESERVATIONS REQUIRED FOR
ALL FITNESS CLASSES.

SCAN THE QR CODE OR MAKE A RESERVATION
AT [CONNECT.RECREATION.GMU.EDU](https://connect.recreation.gmu.edu).

NOTES:

- All participants must comply with our Group Fitness Safety Protocol.
- For more information about our rotation schedule and our class descriptions, visit our website: [Recreation.gmu.edu/fitness](https://recreation.gmu.edu/fitness)
- Sign up for our Fitness Newsletter to receive schedule change alerts and other updates regarding Mason Recreation Fitness!

Sample our popular fee-based classes, available each semester!
These classes are free only during finals week.

Move Like An Athlete

Join Personal Trainer Connor Lainson as he takes you through an intense workout with **agility drills and plyometrics** plus core and body weight exercises. You'll work your entire body and leave feeling strong as an athlete!

Pink Gloves Boxing

PGB is a small group training class that empowers participants, fosters relationships, and is **perfect for all ages and fitness levels**. As you learn, each semester you will advance to a higher level - learning new skills, earning new gear and more!

Self Defense For All Levels

Fight off end-of-semester stress while learning how to protect yourself while working up a sweat! Kayla comes to Mason with 10 years of experience and is a great instructor for beginners and participants of all levels.