GROUP FITNESS CLASSES  4/4 - 6/5

**MONDAY**
- **Yoga Flow**
  12:15 - 1:00PM
  *Aurelie*

- **Strength & Conditioning**
  5:00 - 5:45PM
  *Cady*

- **Cycling**
  6:00 - 6:45PM
  *Annaliese*

**TUESDAY**
- **HIIT**
  5:00 - 5:30PM
  *Annaliese*

- **Cardio Dance**
  6:30 - 7:30PM
  *Cady*

**WEDNESDAY**
- **Cycling**
  12:15 - 1:00PM
  *Anganela*

- **Cardio Kickboxing**
  5:15 - 6:00PM
  *Annaliese*

- **Cardio Dance**
  7:00 - 8:00PM
  *Maddie*

**THURSDAY**
- **Cardio Kick**
  12:15 - 1:00PM
  *Aurelie*

- **Strength & Conditioning**
  5:15 - 6:00PM
  *Cady*

- **Power Yoga**
  6:30 - 7:30PM
  *Aurelie*

**FRIDAY**
- **Strength & Conditioning**
  12:15 - 1:00PM
  *Anganela*

- **Cardio Dance**
  11:00 - 12:00PM
  *Maddie*

**SATURDAY**

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**FREE** to drop-in, or $10 to pre-register for Students, $15 to pre-register for Non-Students

For questions, email fitness@seattleu.edu

Register on MINDBODY app