



SUMMER GROUP FITNESS SCHEDULE

sive campus recreation

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
10 am					Cycle45 10:15 - 11 am Cycle Zone
11 am					
12 pm	Lunch Crunch 12:15-12:45pm Group Fitness A	Pump 12:15-1:00pm Group Fitness B	Yoga 12:15-1:00pm Group Fitness B	Lunch Crunch 12:15-12:45pm Group Fitness A	
1 pm					
3 pm					
5 pm	Cycle Express 5-5:30pm Cycle Zone		Cycle45 5-5:45pm Cycle Zone		



SIUE
COUGARS

FITNESS & WELLNESS

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