



2021 Fall Group Fitness Schedule

Classes in white boxes are on-going and included in Healthy Titan's membership options.

Our FREE class option is in GOLD and is led by our Healthy Titans intern.

Classes in white boxes will run from 9/13/21 to 12/17/21.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30am					Cycling 11:30am-12:00pm LIVE
11:45am-12:30pm	Yoga with Kelly LIVE & VIRTUAL	Total Titan with Kate LIVE & VIRTUAL		Total Titan with Kate LIVE & VIRTUAL	Cardio TRX 12:00-12:30pm LIVE & VIRTUAL
4:45-5:30 PM	Cycling with Kate LIVE	FREE Titan Strength with Intern Becca VIRTUAL ONLY	Cycling with Kate LIVE		

Yoga with Kelly is a yoga class suitable for anyone wanting to have fun with movement and breath. The style is typically flowing and lighthearted with the opportunity to take it up a notch or be more restful depending on what you need in the moment. All abilities are welcome.

Total Titan is a full body workout integrating upper and lower body strength, core and cardiovascular exercises. Workouts will vary class to class.

Titan Cardio TRX offers circuits of cardiovascular exercises paired with TRX exercises (non TRX options provided for those participating virtually).

Cycling will take you on a mixed terrain of flat roads, rolling hills and larger climbs. New to the bike? No worries - take this class at your own pace. Perfect for beginners and advanced cyclists alike. Class is now available virtually if you have your own bike at home.

Titan Strength is led by our Healthy Titans intern. This class is FREE for UWO staff and faculty. All abilities are welcome. This class will only be held virtually this Fall.

Titan Strength will focus primarily on strength-based movements and tailored warm-up and flexibility to round things out.

Albee Strength and Fitness Center Fall Hours
 The Fall fitness center hours will run from 9/8/21 to 12/17/21
 Monday through Thursday
 6-8am, 11am-1pm and 3:30-5:30pm
 Friday Hours of Operation
 6-8am, 11am-1pm