



HEALTHY TITANS

Fall 2023 Schedule

Classes will begin on Tuesday, September 5th and will run through December 22nd. Please contact Kate Harrell (harrellk@uwosh.edu) for more information or links to join classes virtually. Live classes are held in Albee 201.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30am					Cycling 11:30am-12:00pm
11:45am-12:30pm		Total Titan with Kate <i>(Virtual and in person)</i>		Total Titan with Kate <i>(Virtual and in person)</i>	Cardio TRX 12:00-12:30pm <i>(Virtual and in person)</i>
4:45-5:30pm	Cycling with Kate <i>(Virtual and in person)</i>		Cycling with Kate <i>(Virtual and in person)</i>		

Class Descriptions:

Total Titan is a full body workout integrating upper and lower body, core and cardiovascular exercises. Workouts will vary class to class. All abilities are welcome and please feel free to join in-person or virtual.

Cardio TRX is a balanced workout between cardio and TRX strength. Non-TRX options are available 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.

Albee Strength and Fitness Center
Hours of Operation (September 5th - December 15th)
 Monday-Thursday 6-8am, 11am-1pm, 3:30-6pm
 Friday 6-8am, 11am-1pm