

MON

1²⁵-2¹⁵ PM
BASIC WEIGHT LIFTING
106

5³⁰-6³⁰ PM
ZUMBA
L137

5³⁰-6³⁰ PM
YOGA FUNDAMENTALS
L126/L128

6-7 PM
SUNSET SPIN
L138

6³⁰-7³⁰ PM
VINYASA YOGA
L126/L128

7³⁰-8³⁰ PM
CARDIO KICKBOXING
220

TUE

7-8 AM
SUNRISE SPIN
L138

9⁵⁵-10⁴⁵ AM
FITNESS
FUNDAMENTALS
L131/132

12³⁰-1²⁰ PM
BASIC CONDITIONING
L131/132

5-6 PM
BOLLYX
L131/132

5³⁰-6³⁰ PM
SUNSET SPIN
L138

5³⁰-6³⁰ PM
VINYASA YOGA
L126/L128

6³⁰-7³⁰ PM
CORE INTENSIVE
VINYASA YOGA
L126/L128

7³⁰-8³⁰ PM
BEACH BODY WORKOUT
L131/132

8³⁰-9³⁰ PM
POWER CIRCUITS
L131/132

WED

1²⁵-2¹⁵ PM
BASIC WEIGHT LIFTING
106

4³⁰-5³⁰ PM
YOGA FOR FACULTY/
STAFF
L137

5³⁰-6³⁰ PM
CARDIO KICKBOXING
L137

5³⁰-6³⁰ PM
YOGA BARRE
L126/L128

6-7 PM
SUNSET SPIN
L138

6³⁰-7³⁰ PM
PILATES-BASED
CONDITIONING
L133

6³⁰-7³⁰ PM
DEEP STRETCH YOGA
L126/L128

7³⁰-8³⁰ PM
HIIT TRAINING
L131/132

THU

7-8 AM
SUNRISE SPIN
L138

9⁵⁵-10⁴⁵ AM
FITNESS
FUNDAMENTALS
L131/132

12³⁰-1²⁰ PM
BASIC CONDITIONING
L131/132

5-6 PM
BARRE
L131/132

5³⁰-6³⁰ PM
SUNSET SPIN
L138

5³⁰-6³⁰ PM
POWER YOGA
L126/L128

6-7 PM
ZUMBA
L131/132

6³⁰-7⁴⁵ PM
GENTLE YOGA &
MEDITATION
L126/L128

7-8 PM
TOTAL BODY
CONDITIONING
L131/132

FRI

12-1 PM
YOGA FOR FACULTY/
STAFF
L126/L128

4-5 PM
FRIDAY NIGHT FITNESS
L131/132

SAT

9-10 AM
YOGA/PILATES FUSION
L126

10-11 AM
BOOT CAMP
L137

10-11 AM
YOGA FUNDAMENTALS
L126

11 AM-12 PM
DANCE PARTY
L132

SUN

10-11 AM
SUNDAY SPIN
L138

5-6 PM
ZUMBA
L131/132

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