

Group Fitness Classes

Summer Session I

May 20 – July 3, 2019

- Closed May 25 – 27 for Memorial Day
- Closed July 4 for Independence Day



Please check play.binghamton.edu for updates

	Monday 5:45 a.m. – 7 p.m.	Tuesday 5:45 a.m. – 7 p.m.	Wednesday 5:45 a.m. – 7 p.m.	Thursday 5:45 a.m. – 7 p.m.	Friday 5:45 a.m. – 7 p.m.	Saturday 9 a.m. – 4 p.m.	Sunday 9 a.m. – 4 p.m.
6:45 a.m.	BODYPUMP™ Berkley** 106	BODYFLOW™ Virtual 106	BODYPUMP™ Berkley** 106	CXWORX™*/GRIT™ Plyo* Virtual 106	BODYCOMBAT™ Virtual 106		
Noon	BODYPUMP™ Jenna 106	Yoga Pilates Patti** 106	BODYPUMP™ Laura S 106	Yoga Pilates Patti** 106	Cardio Kickboxing Laura S 106	CXWORX™*/GRIT™ Cardio* Virtual 106	SH'BAM™ Virtual 106
4:30 p.m.	Cardio Kickboxing Laura S 106	BODYPUMP™ Laura C 106 Spinning® Patti 22	CXWORX™*/GRIT™ Strength* Virtual 106	BODYPUMP™ Laura S 106 Spinning® Abby 22	CXWORX™*/GRIT™ Cardio* Virtual 106		
5:30 p.m.	BODYPUMP™ Virtual 106	BODYCOMBAT™ Virtual 106	BODYFLOW™ Virtual 106	CXWORX™*/GRIT™ Strength* Virtual 106			

**Class will be Virtual 5/20-6/3; live instructor starting 6/5
*30-minute class