

#BlueJay Fit Classes

JANUARY 11 – MAY 9

INTENSITY LEVELS OFFERED:

LVL1

LVL2

LVL3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:15 – 7 a.m.
Bluejay Feel Good Ride
Lvl 2
McKenna

6:15 – 7 a.m.
Bluejay Cycle
Lvl 2
Hannah

6:15 – 7 a.m.
Bluejay Feel Good Ride
Lvl 2
McKenna

6:15 – 7 a.m.
Bluejay Cycle
Lvl 2
Hannah

12 – 12:45 p.m.
Bluejay Cycle
Lvl 2
Makenzie

4 – 4:45 p.m.
Bluejay Cycle
Lvl 2
McKenna

4 – 4:45 p.m.
Barre
Lvl 2
Grace

5 – 5:30 p.m.
Circuit Training
Lvl 2
Drew + Ally

12 – 12:30 p.m.
Kickboxing
Lvl 2
Drew

12 – 12:45 p.m.
Gentle Yoga + Meditation
Lvl 1
Julia

12 – 12:30 p.m.
Kickboxing
Lvl 2
Drew

3:30 – 4:15 p.m.
Barre
Lvl 2
Grace

6 – 6:45 p.m.
Jay Jump
Lvl 2
Julianna

4:45 – 5:30 p.m.
Bluejay Cycle
Lvl 2
Makenzie

4:45 – 5:30 p.m.
Zumba
Lvl 2
Emma

4:45 – 5:30 p.m.
Bluejay Cycle
Lvl 2
Makenzie

4:30 – 5:15 p.m.
Yoga + Sculpt
Lvl 3
Kathryn

7 – 7:45 p.m.
Kickboxing
Lvl 2
Drew

5:45 – 6:30 p.m.
Zumba
Lvl 2
Emma

6 – 6:45 p.m.
Jay Jump
Lvl 2
Julianna

5:45 – 6:30 p.m.
Zumba
Lvl 2
Emma

5:30 – 6:15 p.m.
Gentle Yoga + Meditation
Lvl 1
Julia

8 – 8:45 p.m.
WERQ
Lvl 2
Grace

6:45 – 7:30 p.m.
Stretch + Flex
Lvl 1
Emma

7 – 7:45 p.m.
WERQ
Lvl 2
Grace + Tatum

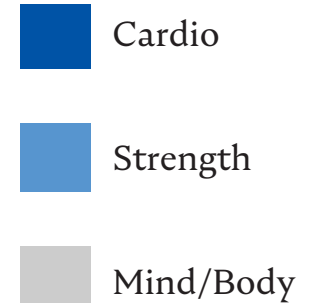
6:45 – 7:30 p.m.
Stretch + Flex
Lvl 1
Emma

7 – 7:45 p.m.
Kickboxing
Lvl 2
Drew

7:45 – 8:45 p.m.
Yoga + Sculpt
Lvl 3
Ashley

8 – 8:30 p.m.
HIIT
Lvl 2
McKenna

7:45 – 8:30 p.m.
Vinyasa Yoga
Lvl 2
Julia



ALL SESSIONS HELD IN KFC 135
SEMESTER PASSES ARE \$25 AND CAN BE
PURCHASED AT RECREATION.CREIGHTON.EDU
OR THE KFC MAIN OFFICE

RECREATION+
WELLNESS

REGISTER FOR OUR CLASSES VIA
THE QR CODE OR VISIT
RECREATION.CREIGHTON.EDU