

# CHECK OUT OUR **RED ZONE** FITNESS CLASSES

  
Campus Recreation  
Division of Student Affairs

## MONDAY

**MOVE IT 45**  
5:15 pm - 6:00 pm  
Zacaria

## CLASS DESCRIPTIONS

### **BOX FIT**

Workout session that combines elements of boxing training.

## TUESDAY

**MOVE IT 45**  
7:15 pm - 8:00 pm  
Marianna

### **MOVE IT 30**

30-minute session of high intensity group workouts!

## WEDNESDAY

**MOVE IT 30**  
1:00 pm - 1:30 pm  
Andrew

### **MOVE IT 45**

A 45-minute version of the Move It 30 class.

Register for a SP24 Class Pass at Member Services for only \$130.00!



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Accommodations on the basis of disability are available by calling 713.743.4853.