

CHECK OUT OUR **RED ZONE** FITNESS CLASSES

CLASS DESCRIPTIONS

BOX FIT

Workout session that combines elements of boxing training.

MOVE IT 30

30-minute session of high intensity group workouts!

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!

MONDAY

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

TUESDAY

BOX FIT
5:15 pm - 6:00 pm
Dalton

MOVE IT 45
6:15 pm - 7:00 pm
Dalton

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

WEDNESDAY

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

MOVE IT 45
5:15 pm - 6:00 pm
Adrian

THURSDAY

BOX FIT
5:15 pm - 6:00 pm
Dalton

MOVE IT 45
6:15 pm - 7:00 pm
Dalton

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



Campus Recreation
Division of Student Affairs



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