

FAW Group Fitness Classes

Spring 2025 Schedule FAW 100F1 & FAW 100F2

14-week
classes
Jan. 30
through
May 18

How it works

- **FAW 100F1 (CRN 21714):** access **two hours** per week of classes listed
- **FAW 100F2 (CRN 21718):** access **four hours** per week of classes listed

Example: Enrolling in FAW100F1 allows you to attend two yoga classes in a week with the same or different instructor(s), or attend Zumba and Yoga one week, and Cardio Cross-Training and Yoga another week.

DAYS	TIMES	LOCATION	CLASS	INSTRUCTOR
M/W	11:15 a.m.-12:15 p.m.	West Campus FSSC 102 or Virtual	Yoga	Fife
M/W	5:15-6:15 p.m.	West Campus FSSC 102 or Virtual	Zumba	Hobson
Tu/Th	8:30-9:30 a.m.	West Campus FSSC 102 or Virtual	Body Conditioning	Montano
Tu/Th	9:45-10:45 a.m.	West Campus FSSC 102 or Virtual	Cardio & Strength	Montano
Tu/Th	10-11 a.m.	West Campus AG59 or Virtual	Pilates	Peterson
Tu/Th	5:15-6:15 p.m.	West Campus FSSC 102 or Virtual	Strength & Mobility	Pro

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