

# FAW Group Fitness Classes

## Fall 2022 Schedule FAW 100F1 & FAW 100F2

### How it works

- **FAW 100F1 (CRN 12236):** access *two hours* per week of classes listed
- **FAW 100F2 (CRN 12237):** 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	<b>Yoga</b>	Herron
M/F	4-5 p.m.	Virtual	<b>Yoga</b>	Milliken
M/W	5:15-6:15 p.m.	West Campus FSSC 102 or Virtual	<b>Zumba</b>	Hobson
Tu/Th	8:30-9:30 a.m.	West Campus FSSC 102 or Virtual	<b>Cardio Cross-Training</b>	Montano
Tu/Th	9:45-10:45 a.m.	West Campus FSSC 102 or Virtual	<b>Yoga</b>	Montano
Tu/Th	5:15-6:15 p.m.	Virtual	<b>Strength &amp; Flexibility</b>	Pro

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/// **Keep striving.**