

# Group Exercise Classes January 2025

**SAMFORD**  
CAMPUS RECREATION

**Mon**

Cycling  
6:30am  
Crump

Funxtion  
HIIT F/S  
7:30am

Cycling F/S  
11:45am  
Boatman

Core Barre  
12:00pm  
Roach Dudley

Funxtion  
Strong F/S  
5:00pm

Cycling  
5:00pm  
Parker

Yoga F/S  
5:00pm  
Hayes

**Tue**

Pilates  
7:00am  
Fisse

Zumba  
7:15am  
Castleberry

Funxtion  
Strong  
8:00am

Pilates F/S  
12:00pm  
Fisse

Cycling  
12:00pm  
Boatman

Turf Tough  
4:00pm  
Jackson

Small Group  
Strength Training  
5:00pm  
Jackson

**Wed**

Cycling  
6:30am  
Crump

Funxtion  
HIIT F/S  
7:30am

Funxtion  
HIIT  
3:00pm

Small Group  
Strength Training  
4:15pm  
Goodman

Funxtion  
Strong F/S  
5:00pm

Cycling  
5:00pm  
Parker

**Thu**

Pilates  
7:00am  
Fisse

Zumba  
7:15am  
Castleberry

Funxtion  
Strong  
8:00am

Pilates F/S  
12:00pm  
Fisse

Cycling  
12:00pm  
Boatman

Turf Tough  
4:00pm  
Jackson

Small Group  
Strength Training  
5:00pm  
Jackson

**Fri**

Cycling  
6:30am  
Parker

Yoga  
7:15am  
Hayes

Funxtion  
HIIT F/S  
7:30am

Small Group  
Strength Training  
12:15pm  
Goodman

Funxtion  
HIIT  
2:00pm

Pilates  
3:00pm  
Votel

**Sat**

Funxtion  
Strong  
9:45am

Pilates  
11:00am  
Cook



**TURF  
AREA**

**ROOM  
204**

**ROOM  
216**

**ROOM  
401**

**ROOM  
403**

**ROOM  
408**

**ROOM  
409**