

USC WORKOUT CLASSES

HSC Fitness Center

FALL 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 am			MUSCLE CONDITIONING (Cassie)			
12:00 pm	MUSCLE CONDITIONING (Morgan)					
5:05 pm		TRX EXPRESS (Trevor)		MUSCLE CONDITIONING (Leah)		
5:40 pm	SCYCLING (Emily)	ZUMBA (Morgan)	SCYCLING (Emily)	BARRE (Leah)		
6:30 pm	YOGA (Mike)		YOGA (Emily)			

DAY PASS: \$15 SEMESTER PASS: \$50 for students (HSC only) | \$75 for HSC and UPC | \$30 all other members