



Better Me Fitness Class Schedule

Fall Semester 2023 (2231)

- Register on the Better Me website to attend any of these class options.
- RIT Better Me classes begin August 28 and end December 15. All classes are FREE for the Fall semester (2231).
- Check out our weekly e-newsletter for class updates and upcoming wellness events.
- Classes in **BOLD** are 30 minutes while all others are 45-50 minutes.

MONDAY

Time	Class	Location	Instructor
12 p.m.	Circuit Training	GV	
5 p.m.	Dance HIIT	LDAN	Bri V.
5 p.m.	Aqua Fitness	POOL	Kathy K.

WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	Yoga	GV	Olivia R.

TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	A.M. HIIT	LDAN	Michelle L.
12 p.m.	Pilates	GV	Kate S.
5 p.m.	Yoga	GV	Denise W.

THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
12 p.m.	Movement & Mobility	GV	
12:30 p.m.	HIIT	GV	
5 p.m.	Tai Chi	GV	Xiong-Wen Ke
5 p.m.	Aqua Fitness	POOL	Kathy K.

LOCATION KEY

UDAN	Upper Dance Studio	SLC Main Level
LDAN	Lower Dance Studio	SLC Lower Level
SPIN	Spinning Room	SLC Lower Level
MINI	Mini Gym	SLC Main Level
POOL	Judson Pool	SLC Lower Level
GV	Global Village Fitness Studio	Global Village

FRIDAY

Time	Class	Location	Instructor
12 p.m.	Indoor Cycling	SPIN	Jamie C.