



Better Me Fitness Class Schedule

Fall Semester 2024 (2241)

- Register on the Better Me website to attend any of these class options, or scan the QR code.
- RIT Better Me classes begin Aug. 26 and end Dec. 20. All classes are FREE for the Fall semester (2241).
- **Fitness Sampler will change each month in the Fall. Aug= Strength, Sep= Pilates, Oct & Nov= Bootcamp, Dec= Kettlebell**

MONDAY

Time	Class	Location	Instructor
12 p.m.	Functional Fitness	GV	Keith O.
5 p.m.	Dance HIIT	LDAN	Bri V.
5 p.m.	Aqua Fitness	POOL	Tina V.

WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	Strength Circuit	GV	Jenn C.
12 p.m.	Yoga	LDAN	Jackie C.
5 p.m.	Aqua Fitness	POOL	Tina V.

TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	AM HIIT	LDAN	Michelle L.
12 p.m.	Fitness Sampler	GV	Varies
5:15 p.m.	Yoga	GV	Denise W.

THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
12 p.m.	Pilates	GV	Kate S.
5 p.m.	Fitness Fusion	SPIN	Bri V.

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