



WRIGHT STATE
 CAMPUS
 RECREATION

Group Fitness

SPRING 2025 SCHEDULE

Monday

7:15 a.m.
PILATES
 Studio C | Risha

8:00 a.m.
YOGA
 Studio B | Leona

3:00 p.m.
BALLET
 Studio C | Ava

5:45 p.m.
BOXING
 Studio C | Bryant

Tuesday

12:10 p.m.
CYCLE
 Studio A | Shannon

12:10 p.m.
HIIT
 Studio C | Heath

4:30 p.m.
BOOTY MIX
 Studio C | Mikaela

5:15 p.m.
YOGA
 Studio B | Leona

5:30 p.m.
CYCLE
 Studio B | Ian

6:00 p.m.
DANCE
 Studio C | Yuki

6:15 p.m.
BALLET
 Studio B | Ava

Wednesday

8:00 a.m.
YOGA
 Studio C | Leona

9:30 a.m.
PILATES
 Studio C | Maddy

12:15 p.m.
CYCLE
 Studio A | Erin

4:45 p.m.
HIIT
 Studio C | Heath

7:00 p.m.
PILATES
 Studio C | Risha

Thursday

7:15 a.m.
PILATES
 Studio C | Risha

8:30 a.m.
BALLET
 Studio C | Ava

12:10 p.m.
CYCLE
 Studio A | Shannon

12:10 p.m.
HIIT
 Studio C | Heath

5:15 p.m.
YOGA
 Studio B | Leona

5:30 p.m.
CYCLE
 Studio B | Ian

6:00 p.m.
DANCE
 Studio C | Yuki

Friday

9:00 a.m.
PILATES
 Studio C | Maddy

11:30 a.m.
YOGA
 Studio C | Leona

12:30 p.m.
MEDITATION
 Studio B | Dr. D

4:45 p.m.
LINE DANCE
 Studio C | Maggie

5:15 p.m.
CYCLE
 Studio A | Ian

5:45 p.m.
BOXING
 Studio C | Bryant

Registration

Register for Group Fitness Classes on the Rec App or rec.wright.edu



Rec App



Website

Teach a Class

Are you interested in becoming a group fitness instructor?

Email rec@wright.edu for information on how to get started!