



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

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

4:00 p.m.
PILATES
Studio C | Maddy

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

4:30 p.m.
LINE DANCE
Studio | 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!