

GAINESVILLE

FALL 2024

PHASE II

OCTOBER 14-NOVEMBER 22

UNG CRW FITNESS



TUESDAY

SUPER CIRCUIT

12:30PM (45 MIN)
SARA
MAX CAPACITY: 35

FULL-BODY INTERVAL WORKOUT TO
BUILD STRENGTH & ENDURANCE.

WEDNESDAY

DANCE FIT

5:00PM (45 MIN)
SARA
UNLIMITED SPOTS

HIGH-ENERGY WORKOUT IN A
DANCE-PARTY ATMOSPHERE.

THURSDAY

SCULPT & FLOW

12:30PM (45 MIN)
SARA
MAX CAPACITY: 35

BUILD STRENGTH & ENDURANCE,
AS WELL AS FLEXIBILITY & STABILITY.

CHECK IN FOR A CLASS
ON UNG CONNECT:



ALL LEVELS WELCOME!

FOR MORE INFO OR IF INTERESTED IN BECOMING

A CRW GROUP FITNESS INSTRUCTOR:

EMAIL SARA.FREEMAN@UNG.EDU

If you need this document in an alternate format for accessibility purposes (such as Braille, large print, audio, etc), please contact Lesli Gray at lesli.gray@ung.edu or 706-864-1622.

@UNG.GLV.CRW

