

GAINESVILLE

FALL 2024

PHASE I

AUGUST 26 - OCTOBER 11

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

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