

# #BlueJayFit Classes

August 17th–December 9th

Intensity Levels Offered:

Lvl 1

Lvl 2

Lvl 3

## MONDAY

6:15–7:00 AM  
**BlueJay Feel**  
**Good Ride** Lvl 1  
McKenna

7:15–7:45 AM  
**Sunrise Yoga** Lvl 1  
Julia

5:15–6:00 PM  
**BlueJay Cycle +**  
**Sculpt** Lvl 2  
Brenna

6:15–6:45 PM  
**IGNITE 101** Lvl 1  
McKenna

7:00–7:45 PM  
**Yoga** Lvl 1  
Taylor

8:00–9:00 PM  
**WERQ** Lvl 2  
Grace

## TUESDAY

6:15–7:00 AM  
**BlueJay Cycle** Lvl 2  
Hannah

4:00–4:45 PM  
**CU Jump** Lvl 2  
Julianna

5:00–5:45 PM  
**Zumba 101** Lvl 1  
Emma

6:00–6:30 PM  
**Stretch + Flex** Lvl 1  
Emma

6:45–7:30 PM  
**BlueJay Cycle** Lvl 2  
Makenzie

## WEDNESDAY

6:15–7:00 AM  
**BlueJay Feel**  
**Good Ride** Lvl 2  
McKenna

5:00–5:45 PM  
**CU Jump** Lvl 2  
Julianna

6:00–6:40 PM  
**BlueJay Cycle** Lvl 2  
Allyson

7:00–7:45 PM  
**Zumba** Lvl 2  
Emma

8:00–8:45 PM  
**CU FIRE** Lvl 3  
McKenna

## THURSDAY

6:15–7:00 AM  
**Cycle 101** Lvl 1  
Hannah

7:15–7:45 AM  
**CU FIRE 30** Lvl 2  
McKenna

4:00–5:00 PM  
**WERQ** Lvl 2  
Grace

5:15–5:45 PM  
**Barre 101** Lvl 1  
Grace

6:00–6:45 PM  
**Power Yoga** Lvl 2  
Julia

7:00–7:45 PM  
**Yoga 101** Lvl 1  
Julia

## FRIDAY

1:00–1:45 PM  
**Barre** (I,A)  
Grace

5:00–5:45 PM  
**Bluejay Cycle** Lvl 2  
Allyson

## SATURDAY

10:00–10:45 AM  
**Zumba** (I,A)  
Emma

11:00–11:45 AM  
**Vinyasa Flow** Lvl 2  
Julia

## SUNDAY

10:00–10:45 AM  
**Zumba 101** (I,A)  
Emma

4:00–5:00 PM  
**Barre** (I,A)  
Grace

All Sessions Held at KFC 135

Semester passes are \$25 and can be purchased at [recreation.creighton.edu](http://recreation.creighton.edu) or the KFC main office

**RECREATION+**  
**WELLNESS**

