

HPFS Fall 2025 Group Exercise Class Schedule

August 18th-December 11th
Boone Campus Varsity Gym

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 7:00 a.m. - 7:45 a.m. Room 6 Fit-N-Spin 7:00 a.m.-7:45 a.m. Room 5 Indoor Cycling 12:00 p.m. - 12:45 p.m. Room 5 Core and Whole Body 12:15 p.m. - 1:00 p.m. Room 6	 Step Aerobics 11:00 a.m. - 11:45 p.m. Room 6 TRX Strength & Balance 12:00 p.m. - 12:45 p.m. Room 6 Boone Burner 1:00 p.m. - 1:45 p.m. Room 6 Functional Fitness 5:15 p.m. - 6:00 p.m. Room 6	TRX 7:00 a.m. - 7:45 a.m. Room 6 Fit-N-Spin 7:00 a.m.-7:45 a.m. Room 5 Indoor Cycling 12:00 p.m. - 12:45 p.m. Room 5 Core and Whole Body 12:15 p.m. - 1:00 p.m. Room 6 Pilates 1:15 p.m. - 2:00 p.m. Room 6	 Barre 11:00 a.m. - 11:45 p.m. Room 6 TRX Strength & Balance 12:00 p.m. - 12:45 p.m. Room 6 Boone Burner 1:00 p.m. - 1:45 p.m. Room 6 Functional Fitness 5:15 p.m.-6:00 p.m. Room 6	TRX 7:00 a.m. - 7:45 a.m. Room 6 Core and Whole Body 12:15 p.m. - 1:00 p.m. Room 6

Register for group exercise classes through your [WellnessLiving account](#).

Classes are filled on a first-come, first-served basis. The sign-up window for a class starts 5 days prior to the class date and ends 30 minutes before the class start time. For questions, please contact healthpromotion@appstate.edu.

<https://healthpromotion.appstate.edu>