



HEALTHY TITANS

Summer 2024 Schedule

Classes will begin on Tuesday, May 28th and will run through August 23rd. Please contact Kate Harrell (harrellk@uwosh.edu) for more information or links to join classes virtually. Live classes are held in Albee 201, unless otherwise indicated (Tuesday/Thursday Total Titan is in the fitness center for the summer session).

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30am					Cycling 11:30-12:00pm
11:45am-12:30pm		Total Titan with Kate <i>(Virtual and in person)</i> Albee 09 - Fitness Ctr		Total Titan with Kate <i>(Virtual and in person)</i> Albee 09 - Fitness Ctr	Cardio TRX 12:00-12:30pm <i>(Virtual and in person)</i>
4:45-5:30pm	Cycling with Kate <i>(Virtual and in person)</i>		Cycling with Kate <i>(Virtual and in person)</i>		

Class Descriptions:

Total Titan is a full body workout integrating upper and lower body, core and cardiovascular exercises. Workouts will vary class to class. All abilities are welcome and please feel free to join in-person or virtual.

Cardio TRX is a balanced workout between cardio and TRX strength. Non-TRX options are available for those participating virtually.

Cycling will take you on a mixed terrain of flat roads, rolling hills and larger climbs. New to the bike? No worries - take this class at your own pace. Perfect for beginners and advanced cyclists.

Albee Strength and Fitness Center Summer Hours
 May 28th - August 8th
 Monday / Wednesday 6:15-8am
 Monday - Thursday: 11am-1pm, 3:30-5:30pm