

# FITNESS & WELLNESS SPRING 2026

# GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12:15pm-12:45pm</b> <b>Cardio + Core</b> LB Func Fit Room	<b>12:15pm-12:45pm</b> <b>AquaFit</b> Kirsten/Aidan Indoor Pool	<b>12:15pm-12:45pm</b> <b>HIIT</b> Courtney Func Fit Room	<b>12:15pm-12:45pm</b> <b>TRX®</b> Tess Func Fit Room	<b>11:30AM-12:00PM</b> <b>Cycle</b> Suzanne Cycle Room
<b>4:30pm-5:15pm</b> <b>Power Yoga</b> Mira Func Fit Room	<b>4:00pm-4:45pm</b> <b>Restorative Yoga</b> Jordan Dance Studio	<b>4:30pm-5:00pm</b> <b>HIIT</b> Kaitlyn Func Fit Room	<b>4:45pm-5:30pm</b> <b>Restorative Yoga</b> Mira Dance Studio	<b>12:15pm-12:45pm</b> <b>Restorative Yoga</b> Mira Dance Studio
<b>5:30pm-6:15pm</b> <b>Cycle</b> Suzanne Cycle Room	<b>5:00pm-5:45pm</b> <b>Pilates</b> Anna Dance Studio	<b>5:15pm-6:00pm</b> <b>Cycle</b> Joy Cycle Room	<b>5:45pm-6:15pm</b> <b>Cardio + Core</b> Dani Func Fit Room	The Rec Portal will have the most up-to-date information and any changes to the instructor or format and class cancellations, pending our ability to update.
<b>6:30pm-7:00pm</b> <b>Drum Fitness</b> Mac Func Fit Room	<b>6:45pm-7:30pm</b> <b>Raider Strong</b> Kaitlyn Func Fit Room	<b>6:15pm-7:00pm</b> <b>Vinyasa Yoga</b> Suzanne Func Fit Room	<b>6:45pm-7:30pm</b> <b>Pilates</b> Anna Dance Studio	

**Dates:** Jan 20-Apr 24th

**No classes:** 3/9-3/14 (Spring Break)

## REGISTRATION

- Website: [recportal.mtsu.edu](http://recportal.mtsu.edu)
- Registration opens 48 hours before the class start time
- Register each time you want to attend, even you've already been to the class
- Please cancel if you can no longer attend (see the website below for instructions)

## GENERAL INFO

- Classes close 3 minutes after start time\*  
\*Cycle closes at the class start time
- Registered spots in full classes will be forfeited at the start time if someone is waiting
- **First cycle class** with us: arrive 10 mins early for setup
- All equipment is provided, just bring a water bottle
- All abilities & experience levels welcome!

## MTSU STUDENTS

### FREE for MTSU Students!

Passes are automatically applied to your account. Make sure to use the teal "MTSU Student & Employee Login" button when logging in so your pass is applied when registering.

## FACULTY, STAFF, & OTHER REC MEMBERS

### Semester GF Pass

- Unlimited access, all classes
- Faculty/Staff: \$38
- Other Rec Members: \$42
- [recportal.mtsu.edu](http://recportal.mtsu.edu) > Passes

### Single Class Fee

- Faculty/Staff: \$3
- Other Rec Members: \$5
- Follow registration instructions, pay at checkout



- Class descriptions
- Registration links
- Guest process
- Room & Studio locations
- Cancellation instructions
- Frequently Asked Questions

**Website:** [mts.edu/camprec/classes](http://mts.edu/camprec/classes) | **Instagram:** [@mtsucampusrec](https://www.instagram.com/mtsucampusrec) | **Email:** [fitness@mts.edu](mailto:fitness@mts.edu)