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# Gaucha R.E.C. | Winter 2024

# FITNESS

January 16 - March 18

## Group Fitness | All Access Pass

\$85 / \$106 / \$119

Includes Bootcamp, HIIT, TRX 3-D Strength  
See Schedule Below

## A La Carte Fitness Classes

### Bootcamp

\$60 / \$75 / \$84

Oler | Tue & Thu | 5:15 - 6pm

### HIIT

\$60 / \$75 / \$84

Gentle | Mon & Wed | 4 - 4:45pm

### Introduction to Weightlifting **NEW**

\$70 / \$85 / \$94

Avila | Mon & Thu | 7 - 8am

### TRX - 3D Strength **NEW**

\$60 / \$75 / \$84

Mack | Tue & Thu | 4 - 5pm

### Water Fitness

\$70 / \$74

Miles-Dutton | Tue & Thu | 12:10 - 12:50pm

### Women & Weights **NEW**

\$70 / \$85 / \$94

Rouse | Mon | 1:30-2:30pm | Beginning

Rouse | Mon | 2:45-3:45pm | Intermediate

## Fit for Life | All Access Pass

\$70 / Faculty & Staff ONLY

Includes Fit for Life - Circuit and  
Fit for Life - Strength & Mobility

### Fit for Life - Circuit

Gentle | Tue & Thu | 12:05 - 12:55pm

### Fit for Life - Strength & Mobility

Martin | Mon & Wed | 12:05 - 12:55pm



Pricing: Student / Faculty & Staff / Community

