GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPINNING by Shayla 6 PM		SPINNING by Shayla 6 PM	Beginner's Barre Class by Bekki Jo 3 PM	Belly Dancing Noon*
Stability Ball by Mary 6:30 PM	Yoga by Beth 6 PM*		Yoga by Jenny 6 PM*	Mat-Based Pilates by Bekki Jo 4 PM	
Butts & Guts by Mary 7 PM		Butts & Guts by Mary 7 PM			
Kickboxing by Bekki Jo 8 PM	Beginner's Body Sculpt by Jennie 8 PM	Kickboxing by Bekki Jo 8 PM	Beginner's Body Sculpt by Jennie 8 PM		

**Yoga and Belly Dancing classes are located at the Siena Terzo Lounge*

Belly Dancing starts on March 15.
No classes March 3-7 due to Spring Break. No classes April 18-21 due to Easter Break.
Last day of classes Thursday, April 24.

Beginner's Barre Class:
This is an energetic, fun workout that fuses fitness techniques from ballet, Pilates, and yoga that will tone and define the whole body. The Barre is the perfect combination of isometric muscle work and elongating movement to create the long, lean muscle tone desired. You DO NOT need a dance background to see results.

Beginner's Body Sculpt:
This class will train your entire body. We promise that you will see results, in just a few short weeks. Enjoy using a variety of equipment to keep your muscles always working.

Butts & Guts:
The title says it all. So come on in and let us tightened & tone it up.

Kickboxing:
This class combines punch and kick intervals with small bursts of cardio to create and intense, full body workout. Improve your muscle tone, core strength and cardiovascular health.

Mat-Based Pilates:
This class helps increase flexibility, strengthen, and tone your core, creates long & lean muscle tone, and enhances posture/body alignment to relieve your day-to-day stress. Mat-Based Pilates will also help improve your mind, body and peace of mind.

SPINNING:
This cardio based workout involves basic cycling moves that build endurance and strength. If you are new to cycling, come a few minutes early to meet our instructor and learn to set up your bike. We recommend your bring a small towel and water bottle.

Stability Ball: Have a ball and learn how to get a full body work in 30 minutes. This class will show you that the stability ball can train more than just your core. Drop by and see how fitness can be fun & challenging.

Yoga:
Connect mind, body, and spirit through a series of yoga flow combinations. Feel strong, centered, and invigorated while you lengthen and strengthen your body.

Zumba®:
The fusion of Latin and International dance moves create a dynamic, exciting and effective fitness system! The routines feature aerobic interval training with a combination of easy to follow dance steps that tone and sculpt the body's muscles!

QUESTIONS?

Contact Clare Dever at cdever@bellarmine.edu or x8312
Find us on facebook as Bellarmine University SuRF Center.

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