WELL BEING CLASSES

Sponsored by Human Resources
Classes begin on Monday, January 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates by Lindsey 12 PM		Pilates by Teresa 12 PM		Pilates by Teresa 12 PM
Zumba by Amanda 5:15 PM	Boot Camp by Emelia 5:15 PM	Zumba by Amanda 5:15 PM	Boot Camp by Emelia 5:15 PM	

Boot Camp:
Looking to spice up your strength training routine? Boost your conditioning and confidence to the next level in this high intensity class using hand weights, resistance bands, and stability balls in addition to other unique forms of equipment. Your cardiovascular and muscular fitness will be challenged in this circuit-style class.

Pilates:
This class features movements designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to sports training and physical rehabilitation of all kinds.

Zumba®:
Zumba® is an exciting dance aerobic workout that uses footwork and body movements from Salsa, Merengue, Cumbia, and other Latin dances all to the beat of sizzling hot Latin rhythms.

QUESTIONS?

Please email Clare Dever, Director of Campus Recreation, at cdever@bellarmine.edu or call x8312 to register for classes.

All classes are free and are located at the SuRF.

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