
































# GROUP FITNESS FALL 2017

BELLARMINÉ



UNIVERSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Pilates by Mary W. 12:05 PM* • SuRF 	Yoga by Susie 12:05 PM* • SuRF 	Pilates by Mary W. 12:05 PM* • SuRF 	Yoga by Susie 12:05 PM* • SuRF 	Yoga by Sonya 12:05 PM* • SuRF 	Pilates by Mary W. 12:05 PM* • SuRF 
Zumba by Izzy 5:20 PM • SuRF 	Cardio Sculpt by Hannah 5:20 PM • SuRF  	Speedball by Autumn 5:20 PM • SuRF  	Cardio Sculpt by Hannah 5:20 PM • SuRF  	 Strength Exercise  Cardio Exercise  Mind & Body  Total Body  Flexibility Exercise	
Pilates by Mary W. 6 PM • Terzo Lounge 	Yoga by Susie 6 PM • Terzo Lounge 	Pilates by Mary W. 6 PM • Terzo Lounge 	Yoga by Susie 6 PM • Terzo Lounge 		
Butts & Guts by Mary D. 7 PM • SuRF 	Boot Camp by Chelsea 7 PM • SuRF  	Butts & Guts by Mary D. 7 PM • SuRF 	Boot Camp by Chelsea 7 PM • SuRF  		
Hip Box by Autumn 8 PM • SuRF  	Barre by Kallie 8 PM • SuRF  	Zumba by Kristi 8 PM • SuRF 	Barre by Kallie 8 PM • SuRF  		
<p style="text-align: center;"><b>* 12:05 PM classes are for faculty &amp; staff only.</b></p>					<p><b>Schedule subject to change.</b>                      Changes will be posted online and available on the IMLeagues mobile app.</p> <p><b>All classes are free and open to students, staff, faculty and SuRF members.</b>                      Classes will be canceled during academic holidays and university closings.</p>