## **Group Fitness Classes**

## All Group Fitness classes are **FREE** to Bellarmine University students! Join us at the SuRF!!

Monday	Tuesday	Wednesday	Thursday
SPINNING by Shayla 6:00	Yoga by Beth 6:00*	Sizzlin Abs by Jacqueline 6:30	Yoga by Jennifer 6:00**
Butts & Guts by Mary 7:00	SPINNING by Shayla 7:00	Butts & Guts by Mary 7:00	SPINNING by Shayla 7:00
Zumba by Jacqueline 8:00	Zumba by Jacqueline 8:00		

<sup>\*</sup>Tuesday and Thursday 6PM yoga classes are in the Sienna Terzo Lounge.

## **Important Dates**

- Classes will be canceled from Tuesday, Nov 26--Friday, Nov 29 for Thanksgiving.
- Hip Hop Yoga is Friday, November 15<sup>th</sup> at 3 PM in the SuRF!! Free food and t-shirts!
- The last day of Group Fitness program is Wednesday, December 4<sup>th</sup>.

## **Questions?**

Contact Clare Dever at <a href="mailto:cdever@bellarmine.edu">cdever@bellarmine.edu</a> or x8312

Find us on Facebook and UKnight for updates.