

STUDENT GROUP FITNESS CLASSES

THIS PROGRAM RUNS UNTIL APRIL 28

CLASSES ARE CANCELED WHEN ACADEMIC CLASSES ARE CANCELED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Yoga** by Kate 10:30 AM		Yoga** by Kate 10:30 AM
Yoga* by Stefanie 6 PM	Yoga* by Beth 6:30 PM	Yoga* by Stefanie 6 PM	Yoga* by Beth 6:30 PM	
Butts & Guts by Mary 7 PM	Zumba Dance by Elizabeth 7 PM	Butts & Guts by Mary 7 PM	Pilates Mat by Mary W. 7 PM	
Barre by Mary 8 PM	Zumba Party by Elizabeth 8 PM	Barre by Mary 8 PM		

*Yoga classes are located at the Siena Terzo Lounge

**Kate's yoga class is located in Miles 315

All classes are free for Bellarmine students, just bring your BU ID to enter the SuRF Center.

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.

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

Move & Groove: It will be a shake, rattle, & roll class mixed with hip hop and all other music types. Be prepared to move it!

Pilates Mat: Pilates mat is the foundation of the Pilates system consisting of floor(mat) work and some props such as magic circle and theraband. Modifications are available for exercises. All levels.

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 Party: Groove to spicy Latin beats, shake it with Middle Eastern tunes, and get down with some hot Hip Hop. Skip the club, grab your friends and join the Zumba party!

QUESTIONS?

Contact Clare Dever at cdever@bellarmine.edu or x8312

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