










FACULTY/ STAFF GROUP FITNESS CLASSES FALL 2025

Monday	Tuesday	Wednesday	Thursday	
F/ S Pilates w/Mary W. 12:05PM SuRF Court 2 	F/ S Virtual Yoga w/ Cary 12:05PM tinyurl.com/Fall2025GF 	F/ S Pilates w/Mary W. 12:05PM SuRF Court 2 	F/ S Virtual Yoga w/ Colleen 12:05PM tinyurl.com/Fall2025GF 	
	F/S Total Body Bootcamp W/ Mason 4:30PM SuRF Court 2 	 Strength Exercise  Cardio Exercise  Mind & Body	For fitness class descriptions, please visit bellarmine.edu/surf	Check us out on Engage! All classes are free! .

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bellarmine.edu/surf

502.272.8312

CLASSES START ON 09/02 & END ON 12/11



STUDENT GROUP FITNESS CLASSES FALL 2025

Monday	Tuesday	Wednesday	Thursday	 <p>Check us out on Engage!</p> <p>All classes are free! .</p> <p>For fitness class descriptions, please visit bellarmine.edu/surf</p>
	Total Body Bootcamp w/ Mason 11:15AM SuRF Court 1 		 Strength Exercise  Cardio Exercise  Mind & Body	
Zumba w/ Angela 6:00PM  SuRF Court 2	Yoga w/ Colleen 6:00PM  Siena Terzo Lounge	Boxing w/ Kyle 4:30PM  SuRF Court 2	Yoga w/ Cary 7:00PM  Siena Terzo Lounge	
Butts & Guts w/ Mary D. 7:00PM  SuRF Court 2		Pilates w/ Mary W. 6:00PM  SuRF Court 2		
		Butts & Guts w/ Mary D. 7:00PM  SuRF Court 2		

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