

GROUP FITNESS FALL 2018

BELLARMINÉ



UNIVERSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	Relaxation Zone by Stefanie 11 AM • CNMH 270 	Pilates by Mary W. 12:05 PM* • SuRF 	Relaxation Zone by Stefanie 11 AM • CNMH 270 	<ul style="list-style-type: none"> Strength Exercise Cardio Exercise Mind & Body Total Body Flexibility Exercise <p>* 12:05 PM classes are for faculty & staff only.</p>
Pilates by Mary W. 12:05 PM* • SuRF 	Yoga by Susie 12:05 PM* • Booster Room 	Yoga Blast (Yoga + HIIT) by Susie 3:30 PM • SuRF 	Yoga by Susie 12:05 PM* • Booster Room 	
Yoga by Izzy 5:30 PM • SuRF 	Cardio Sculpt by Hannah 5:30 PM • SuRF 	Speedball by Autumn 5:30 PM • SuRF 	Cardio Sculpt by Hannah 5:30 PM • SuRF 	
Pilates by Mary W. 6 PM • Siena Lounge 	Yoga by Susie 6 PM • Siena Lounge 	Pilates by Mary W. 6 PM • Siena Lounge 	Yoga by Susie 6 PM • Siena Lounge 	
Butts & Guts by Mary D. 7 PM • SuRF 	Barre by Kayla 7 PM • SuRF 	Butts & Guts by Mary D. 7 PM • SuRF 	Barre by Kayla 7 PM • SuRF 	
Zumba Fusion by Melodie 8 PM • Siena Conference Room 	Boot Camp by Kim 8 PM • SuRF 	REFIT by Beth 8 PM • Siena Conference Room 	Boot Camp by Kim 8 PM • SuRF 	

Schedule subject to change.
Changes will be posted online.

All classes are free and open to students, staff, faculty and SuRF members.
Classes will be canceled during academic holidays and university closings.