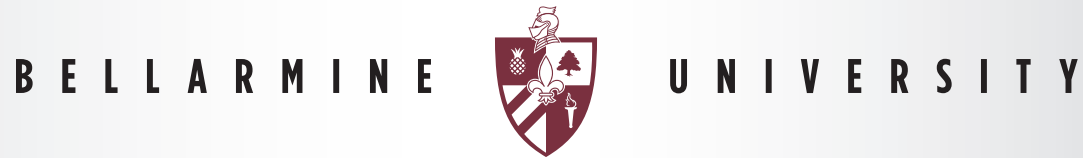


GROUP FITNESS SPRING 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Yoga by Elizabeth 11 AM • Flynn Building
* Pilates by Mary W. 12:05 PM • SuRF 	* Yoga by Susie 12:05 PM • Booster Room 	* Pilates by Mary W. 12:05 PM • SuRF 	* Yoga by Susie 12:05 PM • Booster Room 	
Yoga by Izzy 5:30 PM • SuRF 	Cardio Sculpt by Izzy 5:30 PM • SuRF 	Speedball by Autumn 5:30 PM • SuRF 	Cardio Sculpt by Izzy 5:30 PM • SuRF 	Strength Exercise Cardio Exercise Mind & Body Total Body Flexibility Exercise
Pilates by Mary W. 6 PM • Siena Lounge 	Yoga by Susie 6 PM • Siena Lounge 	Total Body/TRX by Kim (30 mins) 6:30 PM • SuRF 	Pilates by Mary W. 6 PM • Siena Lounge 	Yoga by Susie 6 PM • Siena Lounge
Butts & Guts by Mary D. 7 PM • SuRF 	Learn How to Fitness Series Taekwondo with Master Kyle • 7 PM • SuRF 	Butts & Guts by Mary D. 7 PM • SuRF 	Drop-in Circuit Training by Susan 7 PM • SuRF 	<p>Schedule subject to change. Changes will be posted online and available on the IMLeagues mobile app.</p> <p>All classes are free and open to students, staff, faculty and SuRF members. Classes will be canceled during academic holidays and university closings.</p>
Zumba Fusion by Melodie 8 PM • Siena Classroom 		REFIT® by Beth 8 PM • Siena Classroom 		

* 12:05 PM classes are for faculty & staff only.