

GROUP FITNESS FALL 2019

BELLARMINÉ



UNIVERSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
* Pilates by Mary W. 12:05 PM • Booster Room 	* Yoga by Susie 12:05 PM • Booster Room 	* Pilates by Mary W. 12:05 PM • Booster Room 	* Yoga by Susie 12:05 PM • Booster Room
Fight Stress with Mindfulness by Izzy 4:30 PM • CNHH 100 	TRX Total Body by Kim 4:30 PM • SuRF 		
Yoga by Colleen 5:30 PM • SuRF 	REFIT by Beth 5:30 PM • SuRF 	Strength Cardio 5:30 PM • SuRF 	REFIT by Beth 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
		Boxing by Nick 6:30 PM • SuRF 	
Butts & Guts by Mary D. 7 PM • SuRF 	Taekwondo by Master Kyle 7 PM • SuRF 	Butts & Guts by Mary D. 7 PM • SuRF 	Boot Camp by Susan 7 PM • SuRF
	REFIT by Beth 7 PM • Siena Lounge 		REFIT by Beth 7 PM • Siena Lounge
	Learn How to Fitness Series Archery • 7:30 PM • SuRF 	<p>Schedule subject to change. Changes will be posted on social media accounts. All classes are free and open to students, staff, faculty and SuRF members. Classes will be canceled during academic holidays and university closings. * 12:05 PM classes are for faculty & staff only.</p>	

Strength Exercise
 Cardio Exercise
 Mind & Body
 Total Body
 Flexibility Exercise