






















# GROUP FITNESS FALL 2020



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |  |
|--|---|---|---|--|--|
| Pilates with Mary W.<br>12:05 PM • SuRF Center<br>  | Yoga with Susie<br>12:05 PM • <a href="http://tinyurl.com/LunchtimeYoga">tinyurl.com/LunchtimeYoga</a><br> | Express Yoga Flow<br>with Brooke<br>12 PM • <a href="http://tinyurl.com/ExpressYogaFlow">tinyurl.com/ExpressYogaFlow</a>  | Pilates with Mary W.<br>12:05 PM<br>SuRF Center   | Yoga with Susie<br>12:05 PM • <a href="http://tinyurl.com/LunchtimeYoga">tinyurl.com/LunchtimeYoga</a><br>  |  |
|  | Boxing 1-on-1 with Nick<br>4 - 6 PM • SuRF Center<br>  |   |   |  Strength Exercise<br> Cardio Exercise<br> Mind & Body<br> Total Body<br> Flexibility Exercise |  |
|  | TRX Total Body with Mason<br>4:30 PM • SuRF Fitness Area<br>   |   | TRX Total Body with Mason<br>4:30 PM • SuRF Fitness Area<br> |  |  |
| Yoga with Colleen<br>5:30 PM • SuRF Center<br>  |   | Body Sculpt with Patrice<br>5:30 PM • SuRF Center<br>  |   |  |  |
| Pilates with Mary W.<br>6 PM • <a href="http://tinyurl.com/PilatesMary">tinyurl.com/PilatesMary</a><br> | Yoga with Susie<br>6 PM • <a href="http://tinyurl.com/YogaSusie">tinyurl.com/YogaSusie</a><br>           | Pilates with Mary W.<br>6 PM • <a href="http://tinyurl.com/PilatesMary">tinyurl.com/PilatesMary</a><br>                                    | Boxing Cardio<br>with Nick<br>6 PM<br>SuRF Center   |  | Yoga with Susie<br>6 PM<br><a href="http://tinyurl.com/YogaSusie">tinyurl.com/YogaSusie</a>  |
| Butts & Guts with Mary D.<br>7 PM • SuRF Center<br>   | Taekwondo with<br>Master Kyle<br>7 PM<br>Free Play Court  | REFIT with Chelsea<br>7 PM<br>SuRF Center   | Butts & Guts with Mary D.<br>7 PM • SuRF Center<br>        |  | REFIT with Beth<br>7 PM • SuRF Center<br>  |

**Schedule subject to change.**  
 Changes will be posted online and available on the IMLeagues mobile app.

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