























# GROUP FITNESS FALL 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Pilates with Mary W. (IN-PERSON AND VIRTUAL) 12:05 PM • SuRF or <a href="https://tinyurl.com/PilatesFall21">tinyurl.com/PilatesFall21</a> • PW: knights</p> 	<p>Yoga with Susie (VIRTUAL) 12:05 PM • <a href="https://tinyurl.com/YogaFall21">tinyurl.com/YogaFall21</a> • PW: knights</p> 	<p>Pilates with Mary W. (IN-PERSON AND VIRTUAL) 12:05 PM • SuRF or <a href="https://tinyurl.com/PilatesFall21">tinyurl.com/PilatesFall21</a> • PW: knights</p> 	<p>Yoga with Susie (VIRTUAL) 12:05 PM • <a href="https://tinyurl.com/YogaFall21">tinyurl.com/YogaFall21</a> • PW: knights</p> 
	<p>TRX Total Body with Mason 5 PM • SuRF</p>  	<p>Boot Camp with Mason 5 PM • SuRF</p>  	<p>TRX Total Body with Mason 5 PM • SuRF</p>  
<p>Barre with Kayla 5:30 PM • SuRF</p>  		<p>Barre with Kayla 5:30 PM • SuRF</p>  	
<p>Yoga with Colleen 6 PM • Siena Terzo Lounge</p> 	<p>Taekwondo with Master Kyle 6 PM • SuRF</p> 	<p>Pilates with Mary W. (Virtual) 6 PM • Instagram Live</p>  	
<p>Butts &amp; Guts with Mary D. 7 PM • SuRF</p> 	<p>REFIT with Beth 7 PM • SuRF</p> 	<p>Butts &amp; Guts with Mary D. 7 PM • SuRF</p> 	<p>REFIT with Chelsea 7 PM • SuRF</p> 
<p><b>Schedule subject to change.</b> Changes will be posted on social media accounts.  <b>All classes are free and open to students, staff, faculty and SuRF members.</b> Classes will be canceled during academic holidays and university closings. *12:05 PM classes are for faculty &amp; staff only.</p>			

 Strength Exercise
  Cardio Exercise
  Mind & Body
  Total Body
  Flexibility Exercise