

















GROUP FITNESS SPRING 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Pilates with Mary W. 12:05 PM • SuRF</p> 	<p>Yoga with Susie (Virtual) 12:05 PM • tinyurl.com/YogaSpring22</p> 	<p>Pilates with Mary W. 12:05 PM • SuRF</p> 	<p>Yoga with Susie (Virtual) 12:05 PM • tinyurl.com/YogaSpring22</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>Yoga with Colleen 6 PM • Siena Terzo Lounge</p> 	<p>Taekwondo with Master Kyle 6 PM • SuRF</p> 	<p>REFIT with Beth 6 PM • Sienna Terzo Lounge</p> 	<p>REFIT with Chelsea 6 PM • Siena Terzo Lounge</p> 
<p>Butts & Guts with Mary D. 7 PM • SuRF</p> 		<p>Butts & Guts with Mary D. 7 PM • SuRF</p> 	
			<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