




















GROUP FITNESS FALL 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<p>Pilates with Mary W. 12:05 PM • SuRF</p> 	<p>Yoga with Sarah (Virtual via Teams) 12:05 PM • tinyurl.com/YogaFall22</p> 	<p>Pilates with Mary W. 12:05 PM • SuRF</p> 	<p>Yoga with Sarah (Virtual via Teams) 12:05 PM • tinyurl.com/YogaFall22</p> 	
	<p>Boxing with Kyle 4:30 PM • SuRF Fitness Area</p>  			
	<p>TRX Total Body with Mason 5 PM • SuRF Fitness Area</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 Center</p> 	<p>Zumba with Ivonne 6 PM • SuRF Center</p> 	<p>P90X with Andrea 6 PM • SuRF Center</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>
<p>Butts & Guts with Mary D. 7 PM • SuRF</p> 		<p>Butts & Guts with Mary D. 7 PM • SuRF</p> 		

 Strength Exercise
  Cardio Exercise
  Mind & Body
  Total Body
  Flexibility Exercise