


















# GROUP FITNESS SPRING 2025

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <b>Faculty/ Staff Pilates w/ Mary W.</b><br>12:05PM <br>SuRF Court 2 | <b>Total Body Bootcamp w/ Mason</b><br>11:15AM <br>SuRF Court 1   | <b>Faculty/ Staff Pilates w/ Mary W.</b><br>12:05PM <br>SuRF Court 2   | <b>Faculty/ Staff Virtual Yoga w/ Colleen</b><br>12:05PM <br><a href="https://tinyurl.com/Spring2025GF">tinyurl.com/Spring2025GF</a>   | <b>Faculty/ Staff Virtual Yoga w/ Cary</b><br>12:05PM <br><a href="https://tinyurl.com/Spring2025GF">tinyurl.com/Spring2025GF</a> |
|   | <b>Faculty/ Staff Virtual Yoga w/ Cary</b><br>12:05PM <br><a href="https://tinyurl.com/Spring2025GF">tinyurl.com/Spring2025GF</a> |   |  Strength Exercise<br> Cardio Exercise<br> Mind & Body | All classes are free and open to students, staff, faculty and SuRF members.<br><br>For fitness class descriptions, please visit <a href="https://bellarmine.edu/surf">bellarmine.edu/surf</a>                        |
| <b>Yoga w/ Colleen</b><br>6:00PM <br>Siena Terzo Lounge              | <b>Boxing w/ Kyle</b><br>4:30PM <br>SuRF Court 2  | <b>Pilates w/ Mary W.</b><br>6:00PM <br>SuRF Court 2   |    | <b>Check us out on Engage!</b>   |
| <b>Butts &amp; Guts w/ Mary D.</b><br>7:00PM <br>SuRF Court 2      | <b>Zumba w/ Angela</b><br>6:00PM <br>SuRF Court 2   | <b>Yoga w/ Cary</b><br>7:00PM <br>Siena Terzo Lounge<br><br><b>Butts &amp; Guts w/ Mary D.</b><br>7:00PM <br>SuRF Court 2 |   |  |

