





















# GROUP FITNESS FALL 2023

Monday	Tuesday	Wednesday	Thursday	
<p><b>Pilates w/Mary W.</b> 12:05 PM SuRF Tennis Court </p>	<p><b>Virtual Yoga w/Sarah</b> 12:05 PM tinyurl.com/YogaFall23 </p>	<p><b>Pilates w/Mary W.</b> 12:05 PM SuRF Tennis Court </p>	<p><b>Virtual Yoga w/Colleen</b> 12:05 PM tinyurl.com/YogaFall23 </p>	
<p> Strength Exercise</p> <p> Cardio Exercise</p> <p> Mind &amp; Body</p> <p><i>For fitness class descriptions, please visit <a href="http://bellarmine.edu/surf">bellarmine.edu/surf</a></i></p>	<p><b>Boxing w/Kyle</b> 4:30 PM SuRF Fitness Area </p>		<p><b>TRX Total Body w/Mason</b> 5:00 PM SuRF Fitness Area </p>	
	<p><b>TRX Total Body w/Mason</b> 5:00 PM SuRF Fitness Area </p>		<p><b>REFIT w/Andrea</b> 5:30 PM SuRF Tennis Court </p>	<p> <b>Check us out on Engage!</b></p>
	<p><b>Yoga w/Colleen</b> 6:00 PM Siena Terzo Lounge </p>		<p><b>Taekwondo w/Master Kyle</b> 6:00 PM SuRF Tennis Court </p>	<p><b>MetKon Rx w/Andrea</b> 6:15 PM SuRF Tennis Court </p>
<p><b>Butts &amp; Guts w/Mary D.</b> 7:00 PM SuRF Tennis Court </p>		<p><b>Virtual Pilates w/Mary W.</b> 6:30 PM Instagram @BellarmineSuRF </p>	<p><b>All classes are free and open to students, staff, faculty and SuRF members.</b> *12:05 PM class are for faculty/staff only.</p>	
		<p><b>Butts &amp; Guts w/Mary D.</b> 7:00 PM SuRF Tennis Court </p>	<p>Classes will be canceled during academic holidays and university closings.</p>	