


















GROUP FITNESS JULY 2024

	Tuesday	Wednesday	Thursday
WEEK OF JULY 8TH	Zumba w/Angela 6:00 PM SuRF Tennis Court 	Butts & Guts w/Mary D. 7:00 PM SuRF Tennis Court 	Yoga w/Cary 7:00 PM Siena Terzo Lounge 
WEEK OF JULY 15TH	Boxing w/Kyle 6:00 PM SuRF Fitness Area 	Pilates w/Mary W. 6:00 PM SuRF Tennis Court 	Yoga w/Cary 7:00 PM Siena Terzo Lounge 
WEEK OF JULY 22ND	Boxing w/Kyle 6:00 PM SuRF Fitness Area 	Cycling w/Amanda 6:00 PM SuRF Fitness Area 	Yoga w/Cary 7:00 PM Siena Terzo Lounge 
WEEK OF JULY 29TH	Zumba w/Angela 6:00 PM SuRF Tennis Court 	Butts & Guts w/Mary D. 7:00 PM SuRF Tennis Court 	Yoga w/Cary 7:00 PM Siena Terzo Lounge 
 Strength Exercise  Cardio Exercise  Mind & Body		<p>All classes are free and open to students, staff, faculty and SuRF members.</p> <p>For fitness class descriptions, please visit bellarmine.edu/surf</p> 	 <p>Check us out on Engage!</p>

