


















GROUP FITNESS FALL 2024

Monday	Tuesday	Wednesday	Thursday
Pilates w/Mary W. 12:05 PM*  SuRF Tennis Court	Virtual Yoga w/Cary 12:05 PM*  tinyurl.com/YogaFall24	Pilates w/Mary W. 12:05 PM*  SuRF Tennis Court	Virtual Yoga w/Colleen 12:05 PM*  tinyurl.com/YogaFall24
 Strength Exercise  Cardio Exercise  Mind & Body <i>For fitness class descriptions, please visit bellarmine.edu/surf</i>	Schedule subject to change. Changes will be posted on social media accounts. Classes will be canceled during academic holidays and university closings.	All classes are free and open to students, staff, faculty and SuRF members. *12:05 PM class are for faculty/staff only*	
Yoga w/Colleen 6:00 PM  Siena Terzo Lounge	Boxing w/Kyle 4:30 PM  SuRF Court 2	Yoga w/Cary 5:30 PM  SuRF Court 2	Check us out on Engage!
Butts & Guts w/Mary D. 7:00 PM  SuRF Court 2	Zumba w/Angela 6:00 PM  SuRF Court 2B	Pilates w/Mary W. 6:30 PM  SuRF Court 2B	
	Taekwondo w/Master Kyle 6:00 PM  SuRF Court 2A	Butts & Guts w/Mary D. 7:00 PM  SuRF Court 2A	TRX Total Body w/Mason 5:30 PM  SuRF Court 2

CAMPUS RECREATION & WELLNESS
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