

GROUP FITNESS SPRING 2021

BELLARMINÉ



UNIVERSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>* Pilates with Mary W. 12:05 PM • SuRF</p>	<p>* Yoga with Susie (Virtual) 12:05 PM • tinyurl.com/YogaSusie21 • pw: knights</p>	<p>* Pilates with Mary W. 12:05 PM • SuRF</p>	<p>* Yoga with Susie (Virtual) 12:05 PM • tinyurl.com/YogaSusie21 • pw: knights</p>
	<p>Boxing 1-on-1 with Nick (30-minute slots) 4-6 PM • SuRF • sign up: tinyurl.com/BoxingNick</p>		
	<p>TRX Total Body with Mason 4:30 PM • SuRF</p>		<p>TRX Total Body with Mason 4:30 PM • SuRF</p>
<p>Yoga with Colleen 5:30 PM • SuRF</p>		<p>Body Sculpt with Patrice 5:30 PM • SuRF</p>	
			<p>Boxing Cardio with Nick 6 PM • SuRF</p>
<p>Butts & Guts with Mary D. 7 PM • SuRF</p>	<p>Taekwondo with Master Kyle 7 PM • Free Play Court</p>	<p>REFIT with Beth 7 PM • SuRF</p>	<p>REFIT with Chelsea 7 PM • SuRF</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>	

Strength Exercise
 Cardio Exercise
 Mind & Body
 Total Body
 Flexibility Exercise

CAMPUS RECREATION

• @BELLARMINESURF

• FACEBOOK.COM/BELLARMINÉ.SURF

• 502.272.8312