

FITWELL SUMMER SESSION I SCHEDULE

MAY 31ST - JULY 1ST

NO CLASSES ON MONDAY, MAY 30

MONDAY

12:00-12:50 PM
Vinyasa Yoga with
Cindy

Studio A: Wellness Center

5:15-6:05 PM
Yoga with Evan

Studio A: Wellness Center

5:30-6:15 PM
BodyPump 45 with
Terry

McLeod Studio; Rec Center

6:30-7:30 PM
Step with Kim

McLeod Studio: Rec Center

TUESDAY

12:00-12:45 PM
BodyPump 45 with
Doug

McLeod Studio; Rec Center

5:15-6:05 PM
Yoga with Lesley/
Patti

Studio A: Wellness Center

5:30-6:00 PM
GRIT Cardio with
Terry/ Doug

McLeod Studio: Rec Center

WEDNESDAY

12:00-12:45 PM
Nature Walk with
Martha
(June 8, 15, 22 only)
Meet outside of the Rec
Center

5:15-6:05 PM
Vinyasa Yoga with
Cindy

Studio A: Wellness Center

5:30-6:15 PM
BodyPump 45 with
Doug

McLeod Studio; Rec Center

THURSDAY

12:00-12:50 PM
Vinyasa Yoga with
Patti

Studio A: Wellness Center

5:15-6:05 PM
Vinyasa Yoga with
Patti

Studio A: Wellness Center

5:30-6:20 PM
Barre with Rachel M.

McLeod Studio: Rec Center