

FITWELL SCHEDULE

SUMMER SESSION II

JULY 5 - AUGUST 5

MONDAY

8-8:45 AM
Vinyasa Yoga
with Cindy

Studio A: Wellness Center

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

McLeod Studio: Rec Center

12-12:45 PM
BodyPump 45
with Doug

McLeod Studio: Rec Center

5:15-6:05 PM
Yoga
with Patti & Liz

Studio A: Wellness Center

5:30-6:15 PM
Step
with Kim

McLeod Studio: Rec Center

6:30-7 PM
GRIT Strength
with Terry

McLeod Studio: Rec Center

WEDNESDAY

12-12:50 PM
Vinyasa Yoga
with Patti

Studio A: Wellness 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

12-12:45 PM
BodyPump 45
with Terry

McLeod Studio: Rec Center

5:30-6:20 PM
Barre
with Rachel

McLeod Studio: Rec Center

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