

FITWELL CLASS SCHEDULE FALL 2023

AUGUST 30-OCT. 11

William & Mary



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (UPSTAIRS)

7:15-8:00 AM BODYPUMP 45™ Doug	7:15-7:45 AM GRIT CARDIO™ Terry	7:15-8:00 AM BODYPUMP 45™ Lauren	7:15-7:45 AM GRIT CARDIO™ Doug	7:15-8:00 AM BODYPUMP 45™ Terry	10:00-11:00 AM BODYPUMP™ Elvera	10:00-11:00 AM BODYPUMP™ Grace
8:30-9:20 AM BARRE Sarah M.	3:30-4:20 PM PILATES Claire/Kennedy	8:30-9:20 AM BARRE Sydney	3:30-4:20 PM PILATES Rachel K.	8:30-9:20AM BARRE Katherine	11:30 AM-12:20 PM YOGA Isa	11:15 AM-12:05 PM PILATES Caroline
12:00-12:45 PM BODYPUMP 45™ Katelyn B.	5:00-5:30 PM GRIT STRENGTH™ Megan	12:00-12:45 PM BODYPUMP 45™ Si	5:30-6:15 PM BODYCOMBAT 45™ Sarah H.	4:15-5:05 PM PILATES Claire	1:00-1:50 PM PILATES Amelia	12:30-1:20 PM YOGA Libby
4:00-4:50 PM BARRE Lily	5:45-6:30 PM BODYPUMP 45™ Terry	5:30-6:30 PM STEP Kim	6:30-7:30 PM BODYPUMP™ Katelyn B.	5:30-6:30 PM FOAM ROLL FRIDAYS Kim		4:00-4:50 PM BARRE Madison
5:30-6:15 PM BODYCOMBAT 45™ Si		6:45-7:30 PM BODYPUMP 45™ Doug				5:15-6:00 PM BODYCOMBAT 45™ Katelyn B.
6:45-7:30 PM BODYPUMP 45™ Si		8pm-8:50 PM CARDIO DANCE Mary Beth				6:15-7:05 PM PILATES Rachel K.
8:00-8:50 PM CARDIO DANCE Atticus						7:30-8:20 PM CARDIO DANCE Helen

BEE MCLEOD RECREATION CENTER- TYLER STUDIO (DOWNSTAIRS)

7:15-8:00 AM CYCLING Julia	7:30-8:30 AM CYCLING + ARMS Sarah L.	7:15-8:00 AM CYCLING Julia	7:30-8:30 AM CYCLING + ARMS Sarah L.		12:30-1:15 PM CYCLING Megan	11:00-11:45AM CYCLING Catherine
5:30-6:15 PM CYCLING Laci	5:30-6:15 PM CYCLING Catherine	5:30-6:15 PM CYCLING Kyla	4:00-4:45 PM CYCLING Megan	3:30-4:15 PM CYCLING Julia		5:00-5:45 PM CYCLING Laci
	6:45-7:45 PM BARRECYCLE Kyla & Rachel M.	6:45-7:45 PM BARRECYCLE Sarah L. & Lily				

MCLEOD TYLER WELLNESS CENTER- STUDIO A

8:30-9:20 AM YOGA Anne Ryan	7:30-8:20 AM YOGA Anne Ryan	8:30-9:20 AM YOGA FOR STRESS MANAGEMENT Patti	7:30-8:20 AM YOGA Corina	9:00-9:50 AM YOGA Katelyn O.	See Rec Center McLeod Studio for weekend Yoga classes.
5:15-6:05 PM VINYASA YOGA Evan	8:30-9:30 AM YOGALATES Evan	12:00-12:45 PM WOMENS CREATIVIITY GROUP FOR FAC/STAFF Sarah B. (Studio B)	8:30-9:30 AM YOGALATES Evan	4:00-4:50 PM VINYASA YOGA Cindy	
6:30-7:20 PM CANDLELIGHT YIN Patti	11:00-11:45 AM CREATIVE ARTS Sarah B.	4:00-5:00 PM YOGA NIDRA Patti	11:00-11:50 AM VINYASA YOGA Lindsay		
	12:15-1:05 PM VINYASA YOGA Cindy	5:15-6:05 PM YOGA FOR STRESS MANAGEMENT Patti	2:00-3:00 PM MINDFUL ARTS Sarah		
	2:00-3:00 PM KNITTING CIRCLE Sarah B.	6:15-7:00 PM VIBRATIONAL YIN Patti	4:00-4:50 PM YOGA Isa		
	5:15-6:05 PM YOGA Cindy/Katherine R.		5:15-6:05 PM VINYASA YOGA Lesley		
	6:15-7:00 PM RESTORATIVE YOGA Cindy				

SADLER CENTER- PRAYER/MEDITATION ROOM

3:30-3:50 PM GUIDED MEDITATION Martha	3:30-3:50 PM GUIDED MEDITATION Martha
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Patrons must have a current FitWell membership in order to take FitWell classes on campus. Full-time students are eligible for a FREE membership, using the QR code to the right Email cpollard@wm.edu with questions.

