

# FITWELL CLASS SCHEDULE

## SUMMER 2023

MAY 30 - AUGUST 4

FitWell Classes cancelled on May 29, June 19, July 3 and July 4

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

### BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (UPSTAIRS)

12:00-12:45 PM  
**BODYPUMP 45™**

Terry

5:30-6:30 PM

**STEP**

Kim

5:30-6:15 PM

**BODYCOMBAT 45™**

Sarah H.

5:30-6:30 PM

**BODYPUMP™**

Katelyn

12:00-12:45 PM  
**BODYPUMP 45™**

Doug

5:30-6:30 PM

**BODYPUMP™**

Si

6:30-7:00 PM

**GRIT STRENGTH™**

Doug / Terry alternate

### BEE MCLEOD RECREATION CENTER- TYLER STUDIO (DOWNSTAIRS)

6:00-6:45 PM

**CYCLING**

Kyla

6:00-6:45 PM

**CYCLING**

Julia

### MCLEOD TYLER WELLNESS CENTER- STUDIO A

12:00-12:50 PM  
**VINYASA YOGA**

Cindy

5:30-6:20 PM

**YOGA**

Patti

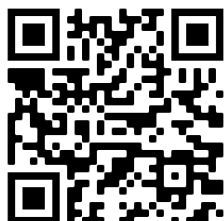
12:00-12:50 PM  
**VINYASA YOGA**

Cindy

5:30-6:20 PM

**VINYASA YOGA**

Patti



An active FitWell membership is required to take FitWell classes on campus. **Full-time students are eligible for a FREE membership**, scan the QR code to get started. Email questions to [jyruh@wm.edu](mailto:jyruh@wm.edu)

