



FITWELL CLASS SCHEDULE FALL 2024

OCTOBER 14-DECEMBER 6



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (MAIN LEVEL)

9:00-9:50 AM BARRE Sydney M.	7:00-7:45 AM BODYPUMP 45™ Sarah	9:00-9:50 AM Barre Katherine L.	7:00-7:45 AM BODYPUMP 45™ Terry	7:30-8:30 AM BODYPUMP™ & GRIT™ CARDIO Doug	11:00-11:50 AM BARRE Abhaya	10:00-11:00 AM BODYPUMP™ Grace H.
12:00-12:45 PM BODYPUMP 45™ Doug	9:00-9:50 AM PILATES Kelly	12:00-12:45 PM BODYPUMP 45™ Doug	9:00-9:50 AM PILATES Claire	4:15-5:05 PM PILATES Kelly	12:30-1:20 PM VINYASA YOGA Corina	11:30 AM-12:20 PM PILATES Claire
4:15-5:05 PM PILATES Zoey	4:15-5:05 PM BARRE Grace C.	4:15-5:05 PM PILATES Zoey	4:15-5:05 PM BARRE Sarah M.	5:30-6:30 PM FOAM ROLL FRIDAYS Kim <small>No class 11/29 & 12/6</small>		5:00-5:50 PM BARRE Sarah M.
5:30-6:30 PM BODYPUMP™ Terry	5:30-6:00 PM GRIT™ STRENGTH Greta	5:30-6:30 PM STEP Kim	5:30-6:30 PM BODYPUMP™ Grace H.			7:00-7:50 PM CANDLELIGHT YOGA Emily
7:00-7:50 PM CARDIO DANCE Cameron	6:30-7:30 PM BODYPUMP™ Si	7:00-8:00 PM BODYPUMP™ Bridget				
		8:15-9:05 PM WERQ DANCE FITNESS Atticus				

BEE MCLEOD RECREATION CENTER- TYLER STUDIO (MID-LEVEL)

7:30-8:20 AM CYCLING Atticus	7:30-8:20 AM CYCLING Faith	7:30-8:20 AM CYCLING Catherine	7:30-8:30 AM CYCLING + STRENGTH INTERVALS Laci	7:30-8:20 AM CYCLING Jada	11:00-11:50 AM CYCLING Catherine	11:00-11:50 AM CYCLING Lauren
5:30-6:20 PM CYCLING Jada	4:15-5:15 PM CYCLING + STRENGTH INTERVALS Sarah L.	4:15-5:15 PM BARRECYCLE Faith & Grace	4:15-5:05 PM CYCLING Lauren	12:15-1:15 PM CYCLING & YOGA Jenny		5:00-6:00 PM CYCLING X WERQ DANCE FITNESS Laci & Atticus
	5:30-6:30 PM BARRECYCLE Catherine & Abhaya	5:30-6:30 PM CYCLING + STRENGTH INTERVALS Sarah L.	5:30-6:20 PM CYCLING Katherine L.			
	6:45-7:45 PM DANCE EXPRESSION Stephanie <small>Only on 10/22, 11/5, 11/19, 12/3</small>	7:00-8:00 PM CYCLING & YOGA Katelyn				

MCLEOD TYLER WELLNESS CENTER- STUDIO A

8:00-8:50 AM YOGA + MEDITATION Anne Ryan	7:30-8:20 AM YOGA FOR STRESS MANAGEMENT Patti	8:00-9:00 AM YOGALATES Evan	7:30-8:20 AM YOGA FOR STRESS MANAGEMENT Patti	4:00-4:50 PM INTERMEDIATE VINYASA YOGA Cindy
4:15-5:05 PM VINYASA YOGA Katherine R.	12:15-1:05 PM VINYASA YOGA Cindy	4:15-5:05 PM SLOW FLOW VINYASA Patti	12:15-1:05 PM VINYASA YOGA Lindsay	
5:30-6:20 PM YIN YOGA Patti	3:30-3:50 PM GUIDED MEDITATION Martha	5:30-6:20 PM YOGA FOR SELF-CARE Patti	5:30-6:20 PM VINYASA YOGA Isa	
7:00-7:50 PM YOGA Alexis	4:15-5:05 PM RESTORATIVE YOGA Cindy	7:00-7:50 PM YOGA Isa		
	5:30-6:20 PM VINYASA YOGA Cindy			

See Rec Center McLeod Studio for weekend Yoga classes.