

FITWELL CLASS SCHEDULE

SUMMER 2024

MAY 28 - AUGUST 1

No FitWell Classes on May 27th, June 19th, and July 4th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (UPSTAIRS)

12:00-12:45 PM
BODYPUMP 45
Terry

5:30-6:30 PM
BODYPUMP
Terry

5:30-6:30 PM
BODYPUMP
Doug

5:30-6:30 PM
BODYPUMP
Grace

5:30-6:30 PM
STEP
Kim

6:45-7:15 PM
GRIT CARDIO
Doug

BEE MCLEOD RECREATION CENTER- TYLER STUDIO (DOWNSTAIRS)

6:00-7:00 PM
CYCLING + ARMS
Laci

12:00-12:50 PM
CYCLING
Laci

MCLEOD TYLER WELLNESS CENTER- STUDIO A

5:30-6:20 PM
VINYASA YOGA
Corina

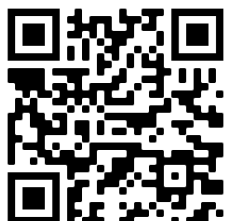
12:15-1:05 PM
VINYASA YOGA
Cindy

12:15-1:05 PM
VINYASA YOGA
Patti

5:30-6:20 PM
YOGA
Alison

5:30-6:20 PM
VINYASA YOGA
Evan

5:30-6:20 PM
**YOGA FOR STRESS
MANAGEMENT**
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 jvruhewm.edu

