



# FITWELL CLASS SCHEDULE FALL 2024 AUGUST 28-OCTOBER 9



## William & Mary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (MAIN LEVEL)

9:00-9:50 AM <b>BARRE</b> Sydney M.	7:00-7:45 AM <b>BODYPUMP 45™</b> Doug & Sarah	9:00-9:50 AM <b>Barre</b> Katherine L.	7:00-7:45 AM <b>BODYPUMP 45™</b> Terry	7:30-8:30 AM <b>BODYPUMP™ &amp; GRIT™ CARDIO</b> Doug	11:00-11:50 AM <b>BARRE</b> Abhaya	10:00-11:00 AM <b>BODYPUMP™</b> Grace H.
4:15-5:05 PM <b>PILATES</b> Zoey	9:00-9:50 AM <b>PILATES</b> Kennedy	12:15-1:00 PM <b>BODYPUMP 45™</b> Doug	9:00-9:50 AM <b>PILATES</b> Claire	9:00-9:50 AM <b>YOGA</b> <b>CONDITIONING</b> Katelyn	12:30-1:20 PM <b>VINYASA YOGA</b> Corina	11:30 AM-12:20 PM <b>PILATES</b> Claire
5:30-6:30 PM <b>BODYPUMP™</b> Terry	4:15-5:05 PM <b>BARRE</b> Grace C.	4:15-5:05 PM <b>PILATES</b> Zoey	4:15-5:05 PM <b>BARRE</b> Sarah M.	4:15-5:05 PM <b>PILATES</b> Kelly		12:30-1:20 PM <b>YOGA</b> Alexis
7:00-7:50 PM <b>CARDIO DANCE</b> Cameron	5:30-6:00 PM <b>GRIT™ STRENGTH</b> Greta	5:30-6:30 PM <b>STEP</b> Kim	5:30-6:30 PM <b>BODYPUMP™</b> Grace H.	5:30-6:30 PM <b>FOAM ROLL FRIDAYS</b> Kim		5:00-5:50 PM <b>BARRE</b> Sarah M.
	7:00-8:00 PM <b>BODYPUMP™</b> Si	7:00-8:00 PM <b>BODYPUMP™</b> Bridget	7:00-7:50 PM <b>CARDIO DANCE</b> Cameron			7:00-7:50 PM <b>CANDLELIGHT YOGA</b> Emily
		8:15-9:05 PM <b>WERQ DANCE FITNESS</b> Atticus				

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

7:30-8:20 AM <b>CYCLING</b> Katherine L.	7:30-8:20 AM <b>CYCLING</b> Faith	7:30-8:20 AM <b>CYCLING</b> Catherine	7:30-8:30 AM <b>CYCLING + STRENGTH INTERVALS</b> Laci	7:30-8:20 AM <b>CYCLING</b> Laci	11:00-11:50 AM <b>CYCLING</b> Catherine	11:00-11:50 AM <b>CYCLING</b> Lauren
4:15-5:05 PM <b>CYCLING</b> Jada	4:15-5:15 PM <b>CYCLING + STRENGTH INTERVALS</b> Sarah L.	4:15-5:15 PM <b>BARRECYCLE</b> Faith & Grace	4:15-5:05 PM <b>CYCLING</b> Lauren	12:15-1:15 PM <b>CYCLING &amp; YOGA</b> Jenny		5:00-6:00 PM <b>CYCLING X</b> <b>WERQ DANCE FITNESS</b> Laci & Atticus
5:30-6:20 PM <b>CYCLING</b> Atticus	5:30-6:30 PM <b>BARRECYCLE</b> Catherine & Abhaya	5:30-6:30 PM <b>CYCLING + STRENGTH INTERVALS</b> Sarah L.	5:30-6:20 PM <b>CYCLING</b> Katherine L.			
	6:45-7:45 PM <b>DANCE EXPRESSION</b> Only on 9/3, 9/17, 10/1, 10/8 Stephanie					

### MCLEOD TYLER WELLNESS CENTER- STUDIO A

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

See Rec Center McLeod Studio for weekend Yoga classes.

### OTHER CLASS LOCATIONS

3:30-3:50 PM  
**GUIDED MEDITATION PRAYER/MEDITATION ROOM, SADLER CENTER**  
Martha