



PLEASE REGISTER AT THE FRONT DESK FOR ALL GROUP EXERCISE CLASSES!

# FALL II 2023 GROUP EXERCISE SCHEDULE

All classes in white bubble are located in Saurwein Health & Wellness Center on Heidelberg Campus!

All classes marked with a \*\* AND underlined REQUIRE registration and have a small fee attached.

## MONDAY

5am: Early Bird Challenge  
6am: Challenge  
9am: Total Body Fix  
9am: Fit 4 Life

12:15pm:  
Lunchtime Express

5:30pm: Step Strong

## TUESDAY

5am: Early Bird Challenge  
8am: Deep Water Fitness  
9:15am: Gentle Lift  
10am: Cardio-Kickbox Circuit

12:15pm: Lunchtime  
Power Cycle

5:30pm: Cardio-Kickbox  
Circuit

## WEDNESDAY

5am: Early Bird Challenge  
6am: Challenge  
8am: Deep Water Fitness  
9am: Total Body Fix  
9am: Fit 4 Life

12:15pm:  
Lunchtime Express

5:30pm: Step Strong  
6:30pm: Deep Water  
Fitness

## THURSDAY

5am: Early Bird Challenge

6:45am: Gentle Yoga \*\*

8am: Deep Water Fitness

8:30am: Pietra Fitness \*\*

9:15am: Gentle Lift  
10am: Cardio-Kickbox  
Circuit

12:15pm: Lunchtime  
Power Cycle

## FRIDAY

5am: Early Bird Challenge  
6am: Challenge

7:00am: Vinyasa Yoga \*\*

9am: Total Body Fix  
9am: Fit 4 Life  
9:30am: Power Cycle

## SATURDAY

9am: Vinyasa Yoga  
3rd Saturday of the month  
(child watch will be open)