



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

SUMMER I 2023 GROUP EXERCISE SCHEDULE

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
10:15am: Cardiotone **

12:30pm:
Lunchtime Express

5:30pm: Step Strong

TUESDAY

6:30am: Gentle Yoga **
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

10:15am: Cardiotone
Drumming **

12:30pm:
Lunchtime Express

5:30pm: Step Strong

THURSDAY

5am: Early Bird Challenge
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
9am: Total Body Fix
9am: Fit 4 Life
10:15am: Power Cycle

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