



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

# SUMMER II 2024 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

12:15pm:  
Lunchtime Express

9am: Fit 4 Life

## TUESDAY

5am: Early Bird Challenge

6:45am: Gentle Yoga \*\*

9:30am: Gentle Lift  
10:00am: Cardiotone

5:45pm: Latin Fusion

## WEDNESDAY

5am: Early Bird Challenge

6am: Challenge  
9am: Total Body Fix  
9am: Fit 4 Life

12:15pm:  
Lunchtime Express

6:00pm: HIIT Strong

## THURSDAY

5am: Early Bird Challenge

8:30am: Pietra Fitness \*\*

9:30am: Gentle Lift  
10:00am: Cardiotone  
Drumming

12:15pm: Lunchtime  
Power Cycle

## FRIDAY

5am: Early Bird Challenge  
6am: Challenge  
9am: Total Body Fix  
9am: Fit 4 Life  
9:15am: Power Cycle

## SATURDAY

9am: Vinyasa Yoga  
*(3rd Saturday of the month)*

9:00am: Latin Fusion  
*(2nd & 4th Saturday of the month)*