



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

WINTER I 2025 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: Early Bird Challenge
9am: Total Body Fix
9am: Fit 4 Life

5:30pm: Cardiotone

TUESDAY

5am: Early Bird Challenge
9:30am: Gentle Lift

12:15pm: Lunchtime Power Cycle

5:45pm: Latin Fusion

WEDNESDAY

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

11:15pm: Lunchtime Express

5:30pm: Cardiotone Drumming

THURSDAY

5am: Early Bird Challenge
8:30am: Pietra Fitness **
9:30am: Gentle Lift

12:15pm: Lunchtime Power Cycle

FRIDAY

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

SATURDAY

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