

FITWELL CLASS SCHEDULE SPRING 2025

MARCH 24-MAY 2

An active FitWell membership is required to take FitWell classes on campus.

Full-time students are eligible for a FREE membership, scan the QR code to get started.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (MAIN LEVEL)

<p>7:00-7:45 AM BODYPUMP 45™ Doug</p> <p>8:00-8:50 AM PILATES Kelly</p> <p>12:00-12:45 PM STRENGTH DEVELOPMENT™ Candice</p> <p>4:15-5:05 PM BARRE Abhaya & Charlotte</p> <p>5:30-6:30 PM BODYPUMP™ Terry</p>	<p>7:00-7:45 AM GRIT™ Cardio Doug</p> <p>9:00-9:50 AM BARRE Grace C.</p> <p>4:15-5:05 PM PILATES Zoey</p> <p>5:30-6:15 PM STRENGTH DEVELOPMENT™ Doug</p> <p>6:30-7:30 PM BODYPUMP™ Si</p>	<p>7:00-7:45 AM STRENGTH DEVELOPMENT™ Terry</p> <p>9:00-9:50 AM PILATES Claire</p> <p>12:00-12:45 PM BODYPUMP 45™ Doug</p> <p>4:15-5:05 PM BARRE Sydney</p> <p>5:30-6:30 PM STEP Kim</p> <p>7:00-8:00 PM BODYPUMP™ Grace H. & Lucy</p> <p>8:30-9:20 PM WERQ DANCE FITNESS Atticus</p>	<p>7:00-7:45 AM GRIT™ Strength Terry</p> <p>9:00-9:50 AM PILATES Claire</p> <p>4:15-5:05 PM PILATES Zoey</p> <p>5:30-6:15 PM CARDIO KICKBOXING Grace H.</p> <p>6:30-7:30 PM BODYPUMP™ Bridget & Judith</p>	<p>7:00-7:45 AM BODYPUMP 45™ Doug</p> <p>3:00-3:45 PM PILATES Kelly & Abby</p> <p>4:00-4:45 PM GRIT™ Strength Greta</p>	<p>11:00-11:50 AM BARRE Abhaya</p>	<p>10:00-11:00 AM BODYPUMP™ Grace H.</p> <p>11:30 AM-12:20 PM PILATES Caroline</p> <p>5:00-5:50 PM CARDIO DANCE Cameron & Favour</p> <p>7:00-7:50 PM CANDLELIGHT YOGA Emily</p>
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BEE MCLEOD RECREATION CENTER- TYLER STUDIO (MID-LEVEL)

<p>7:30-8:20 AM CYCLING Catherine</p> <p>4:15-5:15 PM CYCLING + STRENGTH INTERVALS Sarah L.</p> <p>6:00-7:00 PM CYCLING X WERQ DANCE FITNESS Laci & Atticus</p> <p>8:15-9:05 PM CYCLING Jada & Milania</p>	<p>7:00-7:50 AM CYCLING Faith & Colby</p> <p>4:15-5:15 PM CYCLING + STRENGTH INTERVALS Laci</p> <p>5:30-6:20 PM CYCLING Catherine</p>	<p>7:30-8:20 AM CYCLING + STRENGTH INTERVALS Sarah L.</p> <p>4:15-5:05 PM CYCLING Catherine</p> <p>5:30-6:30 PM BARRECYCLE Grace C. & Faith</p>	<p>7:00-7:50 AM CYCLING Faith</p> <p>4:15-5:05 PM CYCLING Lauren & Kelly</p> <p>6:45-7:45 PM CYCLING + STRENGTH INTERVALS Jada</p>	<p>7:30-8:20 AM CYCLING Atticus & Katherine C.</p> <p>12:00-1:00 PM CYCLING & YOGA Jenny</p> <p>3:30-4:20 PM WEEKEND WARM-UP CYCLING Lauren</p>	<p>11:00-11:50 AM CYCLING Jada</p>	<p>11:00-11:50 AM WEEKEND WIND-DOWN CYCLING Lauren</p>
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MCLEOD TYLER WELLNESS CENTER- STUDIO A

<p>8:30-9:30 AM YOGA + MEDITATION Anne Ryan</p> <p>4:30-5:20 PM VINYASA YOGA Alexis</p> <p>5:30-6:30 PM TOUR DE DANCE Valerie</p>	<p>7:45-8:35 AM YOGA FOR STRESS MANAGEMENT Martha</p> <p>12:15-1:05 PM VINYASA YOGA Patti</p> <p>3:30-3:50 PM GUIDED MEDITATION Martha</p> <p>4:30-5:20 PM RESTORATIVE YOGA Cindy</p> <p>5:30-6:20 PM INTERMEDIATE VINYASA YOGA Cindy</p> <p>7:00-7:50 PM SLOW FLOW VINYASA Isa</p>	<p>8:30-9:30 AM YOGA + MEDITATION Anne Ryan</p> <p>4:30-5:20 PM SLOW FLOW VINYASA Patti</p> <p>5:30-6:20 PM YOGA FOR SELF-CARE Patti</p> <p>7:00-7:50 PM VINYASA YOGA Katelyn</p>	<p>7:45-8:35 AM YOGA Patti & Sydney</p> <p>12:15-1:05 PM VINYASA YOGA Lindsay</p> <p>4:30-5:20 PM YOGA Isa</p> <p>5:30-6:20 PM VINYASA YOGA Emily</p>	<p>9:00-9:50 AM VINYASA YOGA Corina</p> <p>4:30-5:20 PM VINYASA YOGA Katelyn</p>
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