

GROUP FITNESS CLASS SCHEDULE MAY-AUG. 2022

Member Class Fees: \$7/month or \$20/4 months for unlimited classes on this page

Guest Class Fees: \$35/month or \$130/4 months for unlimited classes on this page

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5-9 a.m.	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk
5:30-6:20 a.m.	Body Blast (Natalie S) Cycles (CSC) (Janet M)	Tight and Tone (Anj H)	Body Blast (Natalie S) Cycles (CSC) (Janet M)	Tight and Tone (Anj H)	Body Blast (Natalie S)
5:45-6:30 a.m.	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)
6-6:50 a.m.		Box Fusion (Natalie S)		Box Fusion (Natalie S)	
8-8:50 a.m.	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)
8:25-8:55 a.m.	Aqua HIIT (Anne D) <i>May only</i>		Aqua HIIT (Anne D) <i>May only</i>		Aqua HIIT (Anne D) <i>May only</i>
8:45-9:35 a.m.	Fusion Fit (Marissa B)		Fusion Fit (Shaina A)	Cycling (Shaina A)	
9-9:50 a.m.	H2O Senior-Shallow (Delaina G) Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong (Heather) Zumba (Shar R)	H2O Senior-Shallow (Delaina G) Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong (Heather)	H2O Senior-Shallow (Delaina G) Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B) Zumba (Shar R)
11-11:50 p.m.	No Floor Yoga (Jon W)		No Floor Yoga (Jon W)		No Floor Yoga (Jon W)
12:05-12:50 p.m.	Outdoor Aqua <i>Beginning in June</i>	H2O Fitness (Marissa) <i>May only</i> Outdoor Aqua <i>Beginning in June</i> NEW NamaCycle <i>Beginning in June</i>	Outdoor Aqua <i>Beginning in June</i>	H2O Fitness (Marissa) <i>May only</i> Outdoor Aqua <i>Beginning in June</i> Cycling Bootcamp	Outdoor Aqua <i>Beginning in June</i>
12:20-12:50 p.m.	LunchTime Yoga (Amy G) <i>Beginning in June</i>		LunchTime Yoga (Amy G) <i>Beginning in June</i>		
2-2:50 p.m.		Yoga Stretch (Monica N)		Yoga Stretch (Monica N)	
3:30-4:20 p.m.		TRX Express (Anj H)		TRX Express (Anj H)	
4:45-5:35 p.m.	Kickboxing (Kurt S)	Circuit City (Kurt S) <i>May only</i> Box Fusion <i>Beginning in June</i>	Kickboxing (Marissa B)	Circuit City (Kurt S) <i>May only</i> Box Fusion <i>Beginning in June</i>	
5:10-6 p.m.	Outdoor Aqua <i>Beginning in June</i>	Outdoor H2O <i>Beginning in June</i>	Outdoor Aqua <i>Beginning in June</i>	Outdoor H2O <i>Beginning in June</i>	
5:45-6:35 p.m.			Mindfulness Yoga (Amy G) <i>May only</i>		

MAY-AUG. 2022 ZOOM GROUP FITNESS CLASS SCHEDULE

9-9:50 a.m.		Yoga Stretch (Jess J)		Yoga Stretch (Jess J)	
		Zoom Tai-Chi (Recordings)		Zoom Tai-Chi (Recordings)	



Check out our printable grids online for Group Fitness and Specialty Classes! www.wartburg.edu/the-w

For more individualized programming, join our **Specialty Classes** at an additional cost.

Last updated 04-28-22