

GROUP FITNESS CLASS SCHEDULE MAY-AUG. 2024

Member Class Fees: \$10/month or \$30/4 months for unlimited classes on this page

Guest Class Fees: \$45/month or \$165/4 months for unlimited classes on this page

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) Box Fusion (Natalie S)	Body Blast (Natalie S) Cycles (CSC) (Janet M)	Tight and Tone (Anj H) Box Fusion (Natalie S)	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)	
6:45-7:35 a.m.	R.I.C.E Fit (Beth R)		R.I.C.E Fit (Beth R)		R.I.C.E Fit (Beth R)	
8-8:50 a.m.	Low-Impact Combo (Shar R) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Shar R) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Shar R) Senior Body Toning (Kerri B)	
8:25-8:55 a.m.	Aqua HIIT-Shallow (Anne D) <i>May only</i>		Aqua HIIT-Shallow (Anne D)		Aqua HIIT-Deep (Anne D)	
8:30-9 a.m.						Cardio Sculpt (Tina L)
8:45-9:35 a.m.	Fusion Fit (Kerri B)		Fusion Fit (Shaina)			
9-9:50 a.m.	H2O Senior-Shallow (Morgan G) Deep H2O (Anne D) Tai Chi Beginner (Anj H) <i>8 week program</i> Tai Chi Intermediate	Forever Strong (Heather) Zumba (Shar R)	H2O Senior-Shallow (Morgan G) Deep H2O (Anne D) Tai Chi Beginner (Anj H) <i>8 week program</i> Tai Chi Intermediate (Kerri B)	Forever Strong (Heather) Zumba (Shar R)	H2O Senior-Shallow (Morgan G) Deep H2O (Anne D) Tai Chi Beginner (Anj H) <i>8 week program</i> Tai Chi Intermediate (Kerri B)	
11-11:50 p.m.	No-Floor Yoga (Monica N) Outdoor Aqua <i>beginning in June</i> <i>Special fee will apply.</i>		No-Floor Yoga (Monica N) Outdoor Aqua <i>beginning in June</i> <i>Special fee will apply.</i>		No-Floor Yoga (Monica N) Outdoor Aqua <i>beginning in June</i> <i>Special fee will apply.</i>	
12:15-12:45 p.m.	Express Yoga Flow (Monica N)		Express Yoga Flow (Monica N)			
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.	Outdoor Vinyasa Yoga (Donna B)	Zen Yoga (Donna B)	Outdoor Vinyasa Yoga (Donna B)	Zen Yoga (Donna B)		
5:30-6:15 p.m.	Combo Cardio (Tina L)		Combo Cardio (Tina L)			



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 04-18-24