

GROUP FITNESS CLASS SCHEDULE MAY-AUG. 2026

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) Cycles (CSC) (Janet M)	
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)	
8-8:45 a.m.						Cardio Sculpt (Tina L)
8-8:50 a.m.	Low-Impact Combo (Chase P) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Clay C) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (TBA) Senior Body Toning (Kerri B)	
8:20-8:50 a.m.	Hydro HIIT *May only* (Megan W)		Hydro HIIT *May only* (Megan W)		Hydro HIIT *May only* (Megan W)	
8:25-8:55 a.m.				Flash30 (Shaina)		
9-9:25 a.m.	Tai Chi Beginner and Balance (Kerri B)				Tai Chi Beginner and Balance (Kerri B)	
9-9:50 a.m.	H2O Senior-Shallow (Sara G) Deep H2O (Megan W) Tai Chi Intermediate (Kerri B)	Forever Strong (Heather B) Zumba (Shar R) Outdoor Aqua *Beginning in June* (TBA)	H2O Senior-Shallow (Sara G) Deep H2O (Megan W) Tai Chi Intermediate (Kerri B)	Forever Strong (Heather B) Zumba (Shar R) Outdoor Aqua *Beginning in June* (TBA)	H2O Senior-Shallow (Megan W) Deep H2O (Sara G) Tai Chi Intermediate (Kerri B)	
11-11:50 p.m.	No-Floor Yoga (Monica N)		No-Floor Yoga (Monica N)		No-Floor Yoga (Monica N)	
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)		
4:45-5:30 p.m.		Rhythm Ride (Kara P)		Rhythm Ride (Kara P)		
5:30-6:15 p.m.	Sculpt and Stretch (Morgan G)	Chisel *May only* (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 04-22-26