

Group Fitness Schedule

Fall 2024

August 19 - November 27

(Classes will not be offered Sept 2, Nov 11, and home football games)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning			Cycle 45 Camille 6:30-7:15a Blue Studio		Cycle 45 Anna 6:30-7:15a Blue Studio	
		Yoga Francis 10:00a-11:00a Blue Studio			Yoga Francis 10:00a-11:00a Community Garden	Cycle 45 Camille 9:15a-10:00a Blue Studio
lunch	Yogalates Camille 12:00p-12:45p Blue Studio	Bootcamp Clare 12:00p-12:45p Pedagogy Gym	Cycle + Core Clare 12:00p-12:45p Blue Studio		Matworks Camille 11:00a-11:45a Blue Studio	
afternoon		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		
	Hip Hop Dance Tucker 4:45p-5:15p Blue Studio		Hip Hop Dance Tucker 4:45p-5:15p Blue Studio			
5:00p	Bootcamp Michael 5:15p-6:00p Pedagogy Gym	Bootcamp John 5:15p-6:00p Pedagogy Gym	Bootcamp John 5:15p-6:00p Pedagogy Gym	Bootcamp John 5:15p-6:00p Pedagogy Gym		
	Cycle 45 Anna 5:30p-6:15p Blue Studio	Cycle 45 Brett 5:30p-6:15p Blue Studio	Cycle 45 Anna 5:30p-6:15p Blue Studio	Cycle 45 Brett 5:30p-6:15p Blue Studio		
6:00p	Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio		Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio			

Registration for a class is required. Download the IMLeagues app or visit our website for instructions.

2 participants required for a class. Please arrive 10-15 minutes prior to class start time.

For questions, contact Clare Kerzie, ekerzie@uwf.edu

Use the QR code to get instructions on setting up your IMLeagues account

