

Group Fitness Schedule

Spring 2025

January 8 - April 26

(Classes will not be offered January 20, March 15-22)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning					Cycle 45 Anna 6:30-7:15a Blue Studio	
	Functional Fitness Caleigh 9:15a-10:00a Blue Studio	Kettlebell Conditioning Clare 9:15a-10:00a Blue Studio	Functional Fitness Caleigh 9:15a-10:00a Blue Studio			Cycle 45 Camille 9:15a-10:00a Blue Studio
					Yogalates Camille 11:00a-11:45a Blue Studio	
lunch	Cycle 45 Camille 12:00p-12:45p Blue Studio		Beginner Core Cycle Clare 12:00p-12:45p Blue Studio		Outdoor Yoga Francis 12:00p-12:45p Community Garden	
afternoon		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		
5:00p	Argo HIIT Stephanie 5:15p-6:00p Pedagogy Gym	Argo HIIT John 5:15p-6:00p Pedagogy Gym	Argo HIIT Stephanie 5:15p-6:00p Pedagogy Gym	Argo HIIT 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	Core Cycle Grace 5:30p-6:15p Blue Studio	
6:00p	Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio	Hip Hop Dance Tucker 6:30p-7:00p Blue Studio	Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio	Hip Hop Dance Tucker 6:30p-7:00p 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

