

FITWELL CLASSES SPRING 2018 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:15AM	F45 - Essy & Katelyn	F45 - Katelyn & Savannah	F45 - Kris & TBA	F45 - Katelyn & Savannah	F45 - Essy & Kris	
	BEAR CYCLE - Lauren		BEAR CYCLE - Katherine		BEAR CYCLE - Lauren	
7:30AM		F45 - Katelyn & Savannah		F45 - Katelyn & Savannah		
12:15PM	F45 - Essy & Brittany	F45 - Van & Tai	F45 - Essy & Brittany	F45 - Van & Tai	F45 - Essy & Maddy	
	GENTLE YOGA - Leah		GENTLE TONE - Van		GENTLE YOGA - Lilly	
4:15PM	BEAR CYCLE - Meg			BEAR CYCLE - Meg		BEAR CYCLE - Madi J.
5:30PM	F45 - Antoinette & Sam	F45 - Raquel & Emma	F45 - Erik & Raquel	F45 - Raquel & Emma		F45 - Essy & Antoinette
	AQUACISE - Kelly @ SLC Pool	BEAR CYCLE - Annalise	AQUACISE - Kelly @ SLC Pool	BEAR CYCLE - Annalise		
	DANCE FITNESS - Raychel	YOGA - Leah	YOGA - Tai	YOGA - Tai		
6:45PM	F45 - Erik & TBA	F45 - Karissa & Emma	F45 - Tori & Essy	F45 - Sam & Emma		
	YOGA - Tori	BARRE - Allie	STEP IT UP !- Susu	YOGA—Maya		
	BEAR CYCLE - Katherine	MMA—Maya	BEAR CYCLE - Madi J.	MMA - Erik		BOXING T & C - Aaron
8:00PM		F45 - Karissa & Kris	YOGA - Tori	F45 - Karissa & TBA		YOGA - Brittany

Jan. 16th - April 27th
FREE WEEK → 1/16 - 1/22

Locations:

F45	3rd floor of the SLC at the end of the track
BEAR CYCLE	Bear cave in Russell Gym
BOXING, TRX, MMA	Russell Gym balcony
ALL OTHER CLASSES	Bearobics studio on the 3rd floor of the SLC

Your Baylor ID is REQUIRED to attend all classes!

TO REGISTER & PAY

Visit our “Fitness & Nutrition” page at www.baylor.edu/wellness
 Complete the correct form under “FitWell Programs Registration”
Student Cost: \$75 for F45 and Group X (Combo, unlimited access to all)
or \$50 for F45 only (access to F45 alone)
or \$50 for Group X only (access to all classes except F45)
F/S Cost: \$50 (unlimited access to all)

