

SUMMER 2018 FITWELL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	F45 Essy/Megan	F45 Katelyn/Karolina	F45 Essy/Megan	F45 Katelyn/Anna	F45 Essy/Karolina
12:15 PM	F45 Grant/Anna	F45 Van/Tai	F45 Tai/Grant	F45 Van/Tai	F45 Grant/Anna
	GENTLE YOGA Sarah		GENTLE CYCLE Van		GENTLE YOGA Sarah
4:15 PM	BEAR CYCLE Megan			BEAR CYCLE Megan	
5:30 PM	F45 Katelyn/Karolina	F45 Essy/Megan	F45 Katelyn/Anna	F45 Essy/Karolina	
	DANCE FITNESS Raychel	YOGA Sarah	DANCE FITNESS Raychel	YOGA Sarah	
	MONDAY MADNESS *See schedule	BEAR CYCLE Beth	MMA Erik		
6:45 PM	F45 Raquel/Erik	F45 Erik/Anna	F45 Raquel/Karolina	F45 Erik/Megan	
	BARRE Allie		BARRE Allie		
8:00 PM		F45 Erik/Grant	YOGA Sarah	F45 Raquel/Grant	

REGISTER & PAY

www.baylor.edu/wellness

▼
"Fitness & Nutrition"

▼
"FitWell Programs Registration"

Cost: \$30 Summer 1 & 2

➤ June 4th - August 3rd



F45 STUDIO

BEAR CAVE
(Russell Gym)

BEAROBICS
STUDIO

RUSSELL GYM
BALCONY

CARDIO

STRENGTH

CYCLING

MIND & BODY

OSO
FIT
FOR LIFE!

MONDAY MADNESS

June 4th: Hike Cameron Park @ Jacob's Ladder
June 11th: Off-the-Wall Wallyball @ Racquetball Ct. #4
June 18th: FUN IN THE SUN & Water Sports @ Marina
June 25th: Racquetball @ Racquetball Ct. #1

July 9th: Rockclimbing @ Rock
July 16th: Spikeball @ Gym Ct. #4
July 23rd: Off-the-Wall Wallyball @ Racquetball Ct. #4
July 30th: FUN IN THE SUN & Sand Volleyball
@ SLC Sand Courts