



SUMMER 2019 FITWELL PROGRAM

JULY 8th – AUGUST 9th



Summer II	Monday	Tuesday	Wednesday	Thursday	Friday
6:15AM	F45 Chase & Madison	F45 Chase & Paige	F45 Chase & Madison	F45 Chase & Paige	F45 Chase & Madison
12:15PM	F45 Brittany & Paige	F45 Brittany & Van	F45 Brittany & Paige	F45 Brittany & Van	F45 Chase & Paige
	Bear Cycle Kathi		Gentle Cycle Van		Yoga Kelsey
	Yoga Kelsey				<div style="border: 1px solid black; padding: 5px;"> <p>Only \$30/ June 4th-August 9th www.baylor.edu/wellness</p> </div>
4:15PM		Yoga Kim		Yoga Kim	
5:30PM	MONDAY MADNESS Location varies	F45 Chase & Haris	F45 Chase & Paige	F45 Brittany & Haris	Locations
	Bear Cycle Keijha	Yoga Brittany	Bear Cycle Keijha	Yoga Bonnie	F45 – F45 Studio 3 rd floor SLC
	Yoga Brittany		Zumba Rose		Bear Cycle – Bear Cave Russell Gym
					Yoga– Bearobics Studio 3 rd floor SLC

MONDAY MADNESS 5:30-6:30 P.M. FREE for ALL!

July 8th BOWLING @ SUB Alley
 July 15th BASKETBALL @ SLC Gym
 July 22nd WATER SPORTS @ Marina
 Aug. 5th MINI-TOURNAMENT @ SLC Gym

FAMILY FUN IN THE SUN

Monday, July 29th @ SLC Outdoor Courts
 FREE for students, faculty, staff, & families
 Food, Entertainment, and lots of FUN!