

SPRING 2024 Group Fitness

MONDAY

5:00PM

Bolly-X with Heather

6:00PM

Yoga with Jess P.

*Cycle with Kristen

7:30PM

*Cycle with Chrisoula

TUESDAY

12:30PM

Barre with Gabby

5:00PM

Yoga with Meredith

*Cycle with Sarah

6:15PM

Power Yoga with Sarah

7:00PM

*Cycle with Devan

7:15PM

Zumba with Margarita

WEDNESDAY

12:30PM

Yoga

5:00PM

Pilates with Krissy

*Cycle with Sarah

6:00PM

Sculpt and Stretch with Krissy

6:30PM

*Cycle with Katherine

THURSDAY

12:30PM

Barre with Gabby

5:00PM

Body Sculpt with Heather

6:30PM

Yoga with Gabby

*Cycle with Katherine

FRIDAY

12:30PM

*Cycle with Jess C.

SUNDAY

10:00AM

Beginner Weightlifting with Athena & Sarah

*Cycle classes are held in the Flight Cycle Studio.
Classes begin January 22nd and end April 5th. You MUST bring your college ID to class!
All other classes are located in the 610 Group Fitness Studio. For location maps, cancellations, and other information, please check our Instagram @witfitwell.

FitWell 