

# Group Exercise



# Spring 2024

**MONDAY**

**INDOOR CYCLING**  
WITH ROB  
12:15 - 1:00 PM

**ZUMBA**  
WITH MARIA  
5:00 - 5:45 PM

**PUMP IT UP**  
WITH ADDY  
6:00 - 6:45 PM

**PILATES**  
WITH EVY  
7:00 - 7:45 PM

**TUESDAY**

**TOTAL BODY  
CONDITIONING**  
WITH KRISTIN  
12:15 - 1:00 PM

**BUTTS &  
GUTTS**  
WITH MADDIE  
5:00 - 5:30 PM

**INDOOR CYCLING**  
WITH CHLOE  
5:45 - 6:30 PM

**VINYASA YOGA**  
WITH KAMERYN  
6:45 - 7:30 PM

**WEDNESDAY**

**INDOOR CYCLING**  
WITH EMMA  
12:15 - 1:00 PM

**RESTORATIVE YOGA**  
WITH SIENNA  
5:00 - 5:45 PM

**INDOOR CYCLING**  
WITH ADDY  
6:00 - 6:45 PM

**THURSDAY**

**BIKE BOOTCAMP**  
WITH KRISTIN  
9:00 - 9:45 AM

**STEP ON UP**  
WITH EVY & EVER  
5:00 - 5:30 PM

**RESTORATIVE YOGA**  
WITH ANNA GRACE  
5:45 - 6:30 PM

# PROJECT FIT

REGISTER BELOW:



1-ON-1 & PARTNER PERSONAL TRAINING

THEMED SMALL GROUP TRAINING CLASSES

1-ON-1 NUTRITION CONSULTATIONS

Contact - [mtorres@flsouthern.edu](mailto:mtorres@flsouthern.edu)

