



GROUP EXERCISE

FALL 2023

MONDAY

INDOOR CYCLING

WITH ROB

12:15 - 1:00 PM

ZUMBA

WITH MARIA

5:00 - 5:45 PM

CYCLE & SCULPT

WITH EVY

7:00 - 7:45 PM

TUESDAY

TOTAL BODY CONDITIONING

WITH KRISTIN

12:15 - 1:00 PM

STEP ON UP

WITH EVY

5:00 - 5:30 PM

INDOOR CYCLING

WITH ADDY

5:45 - 6:30 PM

LIFT STRONG

WITH MOLLEE

6:45 - 7:30 PM

WEDNESDAY

TABATA CARDIO

WITH MOLLEE

12:15 - 1:00 PM

INDOOR CYCLING

WITH ANNA GRACE

5:00 - 5:45 PM

PUMP IT UP

WITH ADDY

6:00 - 6:45 PM

PILATES

WITH EVY

7:00 - 7:45 PM

THURSDAY

BIKE BOOTCAMP

WITH KRISTIN

9:00 - 9:45 AM

INDOOR CYCLING

WITH CHRISTIE

12:15 - 1:00 PM

YOGA

WITH ANNA GRACE

5:00 - 5:45 PM

REGISTER BELOW:

PROJECT FIT



1-ON-1 & PARTNER PERSONAL TRAINING

THEMED SMALL GROUP TRAINING CLASSES

1-ON-1 NUTRITION CONSULTATIONS



Contact - mtorres@flsouthern.edu

