



# GROUP EXERCISE

# FALL 2023

**MONDAY**

<b>INDOOR CYCLING</b> WITH ROB 12:15 - 1:00 PM	<b>ZUMBA</b> WITH MARIA 5:00 - 5:45 PM	<b>CYCLE &amp; SCULPT</b> WITH EVY 7:00 - 7:45 PM
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**TUESDAY**

<b>TOTAL BODY CONDITIONING</b> WITH KRISTIN 12:15 - 1:00 PM	<b>STEP ON UP</b> WITH EVY 5:00 - 5:30 PM	<b>INDOOR CYCLING</b> WITH ADDY 5:45 - 6:30 PM	<b>LIFT STRONG</b> WITH MOLLEE 6:45 - 7:30 PM
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**WEDNESDAY**

<b>TABATA CARDIO</b> WITH MOLLEE 12:15 - 1:00 PM	<b>INDOOR CYCLING</b> WITH ANNA GRACE 5:00 - 5:45 PM	<b>PUMP IT UP</b> WITH ADDY 6:00 - 6:45 PM	<b>PILATES</b> WITH EVY 7:00 - 7:45 PM
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**THURSDAY**

<b>BIKE BOOTCAMP</b> WITH KRISTIN 9:00 - 9:45 AM	<b>INDOOR CYCLING</b> WITH CHRISTIE 12:15 - 1:00 PM	<b>YOGA</b> WITH ANNA GRACE 5:00 - 5:45 PM
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# PROJECT FIT

REGISTER BELOW:



1-ON-1 & PARTNER PERSONAL TRAINING

THEMED SMALL GROUP TRAINING CLASSES

1-ON-1 NUTRITION CONSULTATIONS



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