

GROUP EXERCISE CLASS Schedule

MON

12:15 - 1:00 PM

Indoor Cycling
w/ Rob

5:00 - 5:45 PM

Indoor Cycling
w/ Molly

6:00 - 6:45 PM

Zumba
w/ Lisa

7:00 - 7:45 PM

Beginner Yoga
w/ Jane

TUE

12:15 - 1:00 PM

Total Body Conditioning
w/ Kristin

4:30 - 5:15 PM

Ballet Smash-Up
w/ Olivia

6:00 - 6:45 PM

Vinyasa Yoga
w/ Maddy

WED

5:00 - 5:45 PM

Total Body
w/ Reagan

6:00 - 6:45 PM

Pilates
w/ Maddy

7:00 - 7:45 PM

Indoor Cycling
w/ Chloe

THUR

9:00 - 9:45 AM

Bike Bootcamp
w/ Kristin

4:00 - 4:45 PM

Indoor Cycling
w/ Lacie

5:00 - 5:30 PM

Step Aerobics
w/ Molly & Reagan

6:00 - 6:45 PM

Restorative Yoga
w/ Breanna

7:00 - 7:45 PM

Pilates
w/ Kameryn

**Save time and
register for classes
via the FusionGO app!**

Registration does NOT ensure
participation. Classes are still hosted
on a first come, first serve basis.



Questions?

Contact Erika Reason
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