

Wellness & Recreation

STETSON UNIVERSITY

Fall 2021 Group Exercise Schedule

(August 23rd - November 19th)

MONDAY			
8:00 - 8:50am	Spin	Studio 2	Samantha
8:30 - 9:00am	BodyWorX (\$)	Zoom	Frankie
5:00 - 5:50pm	Zumba	Studio 1	Amanda
5:00 - 5:50pm	Cardio Boxing	Studio 2	Carlos
6:00 - 6:50pm	Cardio Boxing	Studio 2	Carlos
TUESDAY			
11:00am - 4:00pm	ACADEMIC CLASSES	Studio 1	n/a
5:00 - 5:50pm	Cardio Boxing	Studio 1	Carlos
6:00 - 6:50pm	Cardio Boxing	Studio 1	Carlos
6:00 - 6:50pm	Spin	Studio 2	Natalia
WEDNESDAY			
8:00 - 8:50am	Spin	Studio 2	Samantha
9:00 - 9:30am	Meditation	Studio 1	Lindsey
12:00 - 12:50pm	Guts, Butts, and Thighs	Studio 1	Christina
3:00 - 3:50pm	Yoga & Meditation	Studio 1	Gayle
4:00 - 4:50pm	Yoga	Studio 1	Gayle
5:00 - 5:50pm	Zumba	Studio 1	Amanda

THURSDAY			
9:00 - 9:30am	Meditation	Studio 1	Lindsey
11:00am - 4:00pm	ACADEMIC CLASSES	Studio 1	n/a
8:30 - 9:00am	BodyWorX (\$)	Zoom	Frankie
5:30 - 6:20pm	Spin	Studio 2	Kristee
6:30 - 7:20pm	Spin	Studio 2	Natalia
Friday			
8:00 - 8:50am	Spin	Studio 2	Samantha

Group Exercise Tips

All Classes are FREE for students.
Classes with a (\$) have a small fee for Faculty/Staff.

Please bring water and a towel to ALL classes.

You may register up to 24hrs in advance via the Wellness and Rec app or in person at the H.C.

When you arrive for class **YOU MUST** check in at the Hollis Center Front Desk.

Classes taught virtually, the link and password will be emailed to registered participants 15 minutes before the start of the class.

***There will be no group exercise classes offered
9/6 and 9/30 - 10/3.***

For more information contact us at
wellnessandrec@stetson.edu or