

Wellness & Recreation

STETSON UNIVERSITY

Summer 2023 Group Exercise Schedule

(May 8 - August 18)

MONDAY

8:30 - 9:00am	BodyWorX (\$)	Virtual	Frankie
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THURSDAY

8:30 - 9:00am	BodyWorX (\$)	Virtual	Frankie
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Group Exercise Tips

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

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.

For more information contact us at wellnessandrec@stetson.edu or 386-822-7237.