Wellness & Recreation

STETSON UNIVERSITY

Fall 2018 Group Exercise Schedule

(August 27th - November 16th)

MONDAY			
8:15 - 9:15am	BodyWorX ($)	Studio 1	Frankie
9:00 - 9:30am	Qigong	Front of HC	Morris
5:00 - 5:50pm	Ballroom - Dancing with the Stars	Studio 1	Mark
5:00 - 5:50pm	Spin	Studio 2	Lua
6:00 - 6:50pm	Yoga	Studio 1	Melissa
6:00 - 6:50pm	Cardio Boxing	Studio 2	Carlos
7:00 - 7:50pm	Cardio Boxing	Studio 2	Carlos
TUESDAY			
9:00 - 9:30am	Meditation	Spiritual Life Meditation Rm	Lindsey
10:00 - 10:30am	Equipment Orientation	Weight Room	Fitness Coach
11:00am - 4:00pm	ACADEMIC CLASSES	Studio 1	n/a
2:00 - 2:30pm	Equipment Orientation	Weight Room	Fitness Coach
5:00 - 5:50pm	Tai Chi	Studio 1	Morris
WEDNESDAY			
4:00 - 4:50pm	Interval Training	Studio 1	Christina
5:00 - 5:50pm	Zumba	Studio 1	Amanda
5:00 - 5:50pm	Spin	Studio 2	Christina
6:00 - 6:50pm	Yoga	Studio 1	Arielle
6:00 - 6:50pm	Cardio Boxing	Studio 2	Carlos
7:00 - 7:50pm	Cardio Boxing	Studio 2	Carlos

THURSDAY			
8:15 - 9:15am	BodyWorX ($)	Studio 1	Frankie
9:00 - 9:30am	Meditation	Spiritual Life Meditation Rm	Lindsey
10:00 - 10:30am	Equipment Orientation	Weight Room	Fitness Coach
11:00am - 4:00pm	ACADEMIC CLASSES	Studio 1	n/a
2:00 - 2:30pm	Equipment Orientation	Weight Room	Fitness Coach
4:00 - 4:30pm	Cardio Core	Studio 1	Zachary
5:00 - 5:50pm	Tai Chi	Studio 1	Morris
5:30 - 6:30pm	Spin	Studio 2	Kristee

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.

There will be no group exercise classes offered 9/1 - 9/3 and 10/4 - 10/7.

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