

Wellness & Recreation

STETSON UNIVERSITY

Spring 2024 Group Exercise Schedule

(January 22 - April 26)

MONDAY

8:00 - 8:50am	Elite Fitness Bootcamp	Lounge Cardio Room	Spencer
8:30 - 9:00am	BodyWorX (\$)	Virtual	Frankie
4:30 - 5:20pm	Spin	Studio 2	Lauren
5:00 - 5:50pm	Yoga	Studio 1	Mahtaab
5:00 - 5:50pm	Cardio Boxing	Lounge Cardio Room	Carlos
6:00 - 6:50pm	Cardio Kick Boxing	Lounge Cardio Room	Carlos

TUESDAY

1:00 - 1:30pm	Hatter Tracks Walk	Front of Hollis Center	Emily
5:00 - 5:50pm	Cardio Kick Boxing	Lounge Cardio Room	Carlos
6:00 - 6:50pm	Cardio Boxing	Lounge Cardio Room	Carlos

WEDNESDAY

8:00 - 8:50am	Elite Fitness Bootcamp	Lounge Cardio Room	Spencer
5:00 - 5:50pm	Strength Gainz	Lounge Cardio Room	Allan
5:00 - 5:50pm	Cardio Dance Fitness	Studio 1	Jess
5:30 - 6:20pm	Spin	Studio 2	Lauren
6:00 - 6:50pm	Body Mindfulness and Stretching	Studio 1	Hannah

THURSDAY

8:30 - 9:00am	BodyWorX (\$)	Virtual	Frankie
5:00 - 5:50pm	Strength Gainz	Studeio 1	Allan
5:30 - 6:20pm	Hatter Tracks Walk	Front of Hollis Center	Emily
5:30 - 6:20pm	Strength Endurance Training	Lounge Cardio Rm	Spencer
5:30 - 6:20pm	Spin	Studio 2	Kristee

Friday

12:00 - 12:50pm	Dance Fitness	Studio 1	Jess
4:30 - 5:20pm	Hatter Tracks Walk	Front of Hollis Center	Emily
5:00 - 5:50pm	Spin	Studio 2	Allan

Group Exercise Tips:

All classes are FREE for students. Classes with a (\$) have a small fee for Faculty & Staff.
You may register up to 48 hours 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 H.C. Front Desk.
For more information, call 386-822-7237

