

IN PERSON GROUP FITNESS CLASSES @ SIMON REC

February 1st - May 8th



Classes are free, but registration is required to hold your spot. Registration opens 1 week before each class.

MON

Spinning

6:30AM - Frank
Gym Court #3

Cardio Kick & HIIT

4:30pm - Emily
Gym Court #3

Pound

5:30pm - Alex
Mind & Body Room

Spinning

6:30pm - Michelle
Gym Court #3

HIIT

7:30pm - Victoria
Gym Court #3

TUE

Yoga & Meditation

9:00am - Sarah
Mind & Body Room

WERQ Dance Fitness

5:30pm - Kylee
Gym Court #3

Power Yoga

7:00pm - Brendan
Mind & Body Room

WED

Spinning

6:30AM - Frank
Gym Court #3

Zumba

5:30pm - Alex
Gym Court #3

Power Yoga

6:00pm - Brendan
Mind & Body Room

Spinning

6:30pm - Michelle
Gym Court #3

THUR

Yoga & Meditation

9:00am - Sarah
Mind & Body Room

HIIT

6:30pm - Victoria
Gym Court #3

Power Yoga

7:00pm - Brendan
Mind & Body Room

FRI

Yoga & Meditation

5:00pm - Sarah
Mind & Body Room

SAT

Zumba

11:30am - Alex
Gym Court #3

SUN

Pound

11:00AM - Alysa
Mind & Body Room

Face masks
required!



Registration REQUIRED as class sizes are limited!

Scan the QR code or visit
shopcampusrec.slu.edu

