Spring 25 Group Fitness

Hosted in Cage 202

MONDAY

Zumba *- 12 PM*
Glutes & Guts *- 5 PM*
Zumba *- 7:30 PM*

TUESDAY

Yoga *- 11 AM*
Pilates (Cage 204) *- 12 PM*
TRX *- 6:30 PM*
Zumba *- 7:30 PM*

WEDNESDAY

Zumba Toning *- 12 PM*
TRX *- 5:30 PM*
Indoor Cycling *- 6:30 PM*
Zumba *- 7:30 PM*

THURSDAY

Yoga *- 11 AM*
Hip Hop *- 5:30 PM*
Zumba *- 7:30 PM*

FRIDAY

Power Yoga *- 12 PM*

BERRY COLLEGE
Department of Recreation