

GROUP FITNESS

Summer 2018

June 4th – August 10th

(no classes July 4th)

Free Trial Week 6/4-6/7!

MONDAY

YOGA STRETCH
12:00pm-12:45pm
Mind/Body *Colleen*

URBAN KICK
4:30pm-5:15pm
MPR 1 *Emily*

SPINNING
5:15pm-6:00pm
Spin Studio *Frank*

CARDIO SCULPT
5:15pm-6:00pm
MPR 1 *Mary*

DEFINING THE CORE
6:15pm-7:00pm
MPR 1 *Mary*

TUESDAY

SPINNING
6:30am-7:15am
Spin Studio *Frank*

ZUMBA
5:15pm-6:00pm
MPR 2 *Alex*

POUND
6:15pm-7:00pm
Mind/Body *Alex*

MPR 1: Multi Purpose Room 1,
Lower Level

MPR 2: Multi Purpose Room 2,
Lower Level

Mind/Body Room: Lower Level

Spin Studio: Lower Level

WEDNESDAY

PILATES FUSION
12:00pm-12:45pm
Mind/Body *Emily*

SPINNING
5:15pm-6:00pm
Spin Studio *Mary*

SALSA
5:15pm-6:00pm
MPR 2 *Alex*

INTERMEDIATE SALSA
6:15pm-7:00pm
MPR 2 *Alex*

THURSDAY

SPINNING
6:30am-7:15am
Spin Studio *Frank*

CARDIO SCULPT
12:00pm-12:45pm
MPR 1 *Mary*

ZUMBA
5:15pm-6:00pm
MPR 1 *Colleen*

YOGA
6:15pm-7:00pm
Mind/Body *Sarah*

REGISTER ONLINE

shopcampusrec.slu.edu

\$5 for 1x Pass

(purchase at North Entry Service Desk)

\$30 per class section

\$60 for All Inclusive Pass

(gives you access to every class offered!)



SAINT LOUIS UNIVERSITY
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CAMPUS RECREATION AND WELLNESS

FOR MORE INFORMATION VISIT

www.slu.edu/life-at-slu/campus-recreation

CALL 314-977-3181

EMAIL campusrec@slu.edu