

SPRING 2024 FITNESS SCHEDULE

MONDAY

F45
6:15-7:00 AM
Bear Cycle
7:00-7:45 AM
F45
7:30-8:15 AM
F45
12:15-1:00 PM
Bear Cycle
12:15-1:00 PM
Hip Hop Cardio
4:00-4:45 PM
F45
4:15-5:00 PM
Power Yoga
5:30-6:15 PM
Bear Cycle
5:30-6:15 PM
F45
5:30-6:15 PM
Bear Cycle
6:30-7:15 PM
Barre
6:30-7:15 PM
F45
6:45-7:30 PM
F45
8:00-8:45 PM

TUESDAY

F45
6:15-7:00 AM
Pilates
7:00-7:45 AM
Bear Cycle
7:00-7:45 AM
F45
7:30-8:15 AM
F45
12:15-1:00 PM
F45
4:15-5:00 PM
F45
5:30-6:15 PM
Step Aerobics
5:30-6:15 PM
Bear Cycle
5:30-6:15 PM
Restorative Yoga
6:30-7:15 PM
F45
6:45-7:30 PM
F45
8:00-8:45 PM

WEDNESDAY

F45
6:15-7:00 AM
Barre
7:00-7:45 AM
Bear Cycle
7:00-7:45 AM
F45
7:30-8:15 AM
F45
12:15-1:00 PM
Bear Cycle
12:15-1:00 PM
Power Yoga
4:00-4:45 PM
F45
4:15-5:00 PM
F45
5:30-6:15 PM
Hip Hop Cardio
5:30-6:15 PM
Bear Cycle
5:30-6:15 PM
Bear Cycle
6:30-7:00 PM
Pilates
6:45-7:15 PM
F45
8:00-8:45 PM

THURSDAY

F45
6:15-7:00 AM
Pilates
7:00-7:45 AM
Bear Cycle
7:00-7:45 AM
F45
7:30-8:15 AM
F45
12:15-1:00 PM
Bear Cycle
12:15-1:00 PM
Restorative Yoga
12:15-1:00 PM
F45
4:15-5:00 PM
F45
5:30-6:15 PM
Step Aerobics
5:30-6:15 PM
F45
6:45-7:30 PM
F45
8:00-8:45 PM

FRIDAY

F45
6:15-7:00 AM
F45
7:30-8:15 AM
F45
12:15-1:00 PM
Bear Cycle
12:15-1:00 PM
F45
4:15-5:00 PM

SATURDAY

Bear Cycle
9:30-10:15 AM
F45
10:30-11:30 AM

SUNDAY

F45
4:15-5:00 PM
F45
5:30-6:15 PM
Bear Cycle
6:30-7:15 PM



**SCAN for
FITPASS**



Revised: 2/14/2024

Fitness classes are subject to change based on instructor availability, facility needs or other events. When possible, attendees will be contacted in case of cancellation. Check the Campus Rec app and @BaylorFitwell for updates.

RESTORATIVE YOGA

Incorporating a variety of poses, this class focuses on an experience designed to enhance mind-body connection through poses, which incorporate breathing and opportunities for reflection. You can expect to leave this class feeling more mindful and refreshed!

F45

F45 is a high-intensity, 45-minute circuit workout, targeting areas of the body used for daily functioning. Instructors train participants on the proper use of the equipment and help develop & refine techniques to maximize their workout.

BARRE

A low-impact workout and a perfect class for all fitness levels and individuals interested in sculpting muscle, increasing strength, and muscular endurance. The instructor will lead you through the class focused on high repetition & isometric movements leading to increased power. An upbeat playlist motivates you to get lower and dig deeper!

BEAR CYCLE

Push new limits with a combination of endurance rides, sprints, and climbs! Great for those seeking high-energy sessions to improve cardiovascular endurance. You control the resistance and pedal speed, creating the right intensity for you! Open to all fitness levels.

PILATES

This mat-based class is a full-body workout designed to target toning and sculpting in a balanced manner while elevating your heart rate! This up-tempo class focuses on your strength, stability posture, flexibility, and breath control. No experience needed and all fitness levels are welcome.

POWER YOGA

Incorporating a variety of poses, this class focuses on creating an experience designed to tone muscles and increase strength and flexibility. You can expect to leave this class feeling strong, flexible, and energized! No experience needed and all fitness levels are welcome.

HIP HOP YOGA

Inspires creativity and teaches the fundamental of Hip Hop Cardio, while incorporating cardiovascular and fitness-based movements. Participants of all fitness levels can expect to develop coordination, strength, dance technique, rhythm, and body awareness in an upbeat environment! Open to all fitness levels.

STEP AEROBICS

This 45-minute cardio-based class utilizes platforms with choreography to take your workout to the next level. Experience the classic format with a modern twist using upbeat and fun music. This class focuses on building lower body strength and cardio endurance to a fun dance-based routine. All fitness levels are welcome to attend!