

BAYLOR FITWELL

FALL 2024 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15- 7:00am	F45	F45	F45	F45	F45	Fitness Center is Open!
7:00- 7:45am	Bear Cycle	Bear Cycle Pilates	Bear Cycle	Bear Cycle Yogalates		
7:30- 8:15am	F45	F45	F45	F45	F45	
12:15- 1:00pm	F45 Yoga Flow		F45	Bear Cycle	F45 Bear Cycle Power Yoga	
12:30- 1:15pm		F45		F45		SUNDAY
4:00- 4:45pm		Bear Cycle	Bear Cycle			
4:15- 5:00pm	F45	F45	F45	F45	F45	F45
4:30- 5:15 pm	Step Aerobics	Power Yoga	Hip Hop Cardio			
5:30- 6:15pm	F45 Power Yoga	F45 Bear Cycle Yoga Flow	F45 Bear Cycle Connect Yoga	F45 Bear Cycle Power Yoga		F45
6:30- 7:15pm		Bear Cycle Power Yoga		Bear Cycle Barre Toning		Bear Cycle
6:45- 7:30pm	F45	F45		F45		
8:00- 8:45pm	F45	F45	F45	F45		



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.

Revised: 8/28/2024

YOGA FLOW

This style of yoga is Hatha-inspired. Join us as we move through a “flow,” transitioning seamlessly from one pose to the next. This flow is gentle and intentional, focusing on flexibility, breath, and deep relaxation. This class is especially great for beginners, but all fitness levels are welcome.

F45

45 minutes of specifically curated cardio and strength workouts with elements of HIIT training, circuit training, and functional fitness. There is variation in programming and exercises each day to keep you challenged and excited to come back. Bring your A game to these high energy sessions and really put your stamina and endurance to the test!

BARRE TONING

This 45-minute low impact workout is the perfect class for sculpting, muscular endurance, and strength. This workout focuses on high repetition and small, isometric movements to increase your power. Our upbeat playlist will motivate you to get lower and dig deeper. You will walk out of class feeling stronger and accomplished!

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. With our upbeat playlists, you can ride to the music or at your own pace. You control the resistance and pedal speed, creating the right intensity for you! Open to all fitness levels.

YOGALATES

This vinyasa inspired yoga class is dynamic, energetic, and holistic in nature incorporating pilates toning exercises, cardio, and flexibility. We will start with a pilates warm up sequence and build on those movements between sun salutation flows. This class will leave you ready to take on the day! All fitness levels are welcome and modifications will be given throughout.

POWER YOGA

Experience a physical journey of flowing movements while holding traditional poses. The main focus of this class is building strength and flexibility in the body through high impact poses. Get your blood pumping with Vinyasa sequences and learn how to link your breath to your movements. Modifications and challenges are given throughout the class. Mats, blocks, and straps are available for use in the studio

HIP HOP CARDIO

This class inspires creativity and teaches the fundamentals of hip hop. Members will develop coordination, strength, dance technique, rhythm, and body awareness in an upbeat environment. The routines offer limitless combinations of steps to keep your muscles engaged without you realizing you're even working out. Come join the fun!

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!

CONNECT YOGA

Explore the connection between strength, flexibility, and breath through a wide range of traditional yoga poses and creative dynamic flows. This class focuses on listening to your body's needs and honoring personal limits. By the end, you will leave feeling refreshed, aligned, and centered in both body and soul. All fitness levels are welcome!

PILATES

This mat-based class is a full body workout designed to target cardiovascular health while toning and sculpting. Focus on your strength, stability, posture, flexibility, and breath control. No experience needed and all fitness levels are welcome.