

SUMMER II GROUP FITNESS SCHEDULE (7/14-8/13)

MON

12:30-1:15 PM - BODY FIT
5:15-6:00 PM - SPIN

TUE

12:30-1:15 PM - MINDFUL YOGA
5:15-6:15 PM - PILATES

WED

12:30-1:00 PM - CORE
5:30-6:30 PM - PILATES

THU

12:30-1:15 PM - BARRE
5:15-6:15 PM - YOGA



Fitness for
every body

LOCATED IN THE PAC GROUP FITNESS STUDIO
ALL CLASSES ARE FREE!

***SCAN QR CODE OR VISIT
REC.FURMAN.EDU FOR CLASS
DESCRIPTIONS & PRE-REGISTRATION***



FURMAN
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CAMPUS RECREATION *and* WELLNESS