















FALL
2018

GROUP FITNESS SCHEDULE

MONDAY

- 6:30 AM YOGA**
KRISTEN KABUTAN | 50 min
GFR  
- 8:00 AM MINDFULNESS**
HANNAH PETERSON | 30 min
GFR  
- 10:15 AM EXPRESS STRENGTH**
LAUREN RINGO | 30 min
GFR  
- 12:00 PM STRENGTH INTERVALS**
JOE MANKOWSKI | 50 min
GFR  
- 4:00 PM RHYTHM RIDE***
KAITLYN GEFROH | 50 min
GFR  
- IRON BODY BLAST**
JOE & FRIENDS | 50 min
RG  
- 5:00 PM WERQ**
GRACE GREENWOOD | 50 min
GFR  
- 6:00 PM STRENGTH INTERVALS**
ELIZA VENETIS | 50 min
GFR  
- 9:00 PM ZUMBA**
HEATHER WHYTE | 50 min
GFR  















TUESDAY

- 6:30 AM SPIN & STRENGTH***
MEGAN YELLITZ | 50 min
GFR  
- 12:00 PM YOGA/PILATES**
KAITLYN GEFROH | 50 min
GFR  
- 1:15 PM MINDFULNESS**
HANNAH PETERSON | 30 min
GFR  
- 4:00 PM SPIN***
MEGAN YELLITZ | 50 min
GFR  
- 5:00 PM ZUMBA**
CASEY JONES | 50 min
RG  
- 6:00 PM YOGA**
TAYLOR BECK | 50 min
GFR  
- 9:00 PM POUND***
KALIN HAGEDORN | 50 min
GFR  

WEDNESDAY

- 6:30 AM YOGA**
LAUREN RINGO | 50 min
GFR  
- 8:00 AM MINDFULNESS**
HANNAH PETERSON | 30 min
GFR  
- 10:15 AM EXPRESS STRENGTH**
CHRISTINA SORENTINO | 30 min
GFR  
- 12:00 PM STRENGTH INTERVALS**
CHRISTINA SORENTINO | 50 min
GFR  
- 4:00 PM YOGA**
KRISTEN KABUTAN | 50 min
GFR  
- IRON BODY BLAST**
JOE & FRIENDS | 50 min
RG  
- 5:00 PM YOGA**
SARAH DAVIS | 50 min
GFR  
- 6:00 PM PILATES**
DAVID GENSHEIMER | 50 min
GFR  
- 9:00 PM ZUMBA**
ABBY JANIS | 50 min
GFR  

THURSDAY

- 6:30 AM SPIN & STRENGTH***
MEGAN YELLITZ | 50 min
GFR  
- 12:00 PM YOGA**
MEGAN FOGLE | 50 min
GFR  
- 1:15 PM MINDFULNESS**
HANNAH PETERSON | 30 min
GFR  
- 4:00 PM YOGA**
KRISTEN KABUTAN | 50 min
GFR  
- 5:00 PM REFIT**
AMY MARPLE | 50 min
GFR  
- 6:00 PM ZUMBA**
JULIA VAN WAGNEN | 50 min
GFR  
- 9:00 PM YOGA**
TAYLOR BECK | 50 min
GFR  

FRIDAY

- 6:30 AM YOGA**
KRISTEN MURTA | 50 min
GFR  
- 8:00 AM MINDFULNESS**
HANNAH PETERSON | 30 min
GFR  
- 10:15 AM EXPRESS STRENGTH**
MEGAN FOGLE | 30 min
GFR  
- 12:00 PM STRENGTH INTERVALS**
MEGAN FOGLE | 50 min
GFR  
- 3:00 PM ZUMBA**
HAYLE AUSTIN | 50 min
GFR  
- 4:00 PM ZUMBA**
DEBBIE HERNANDEZ | 50 min
GFR  

    @BUFITREC

*REQUIRES REGISTRATION
TO REGISTER

Call (615) 460-6313 or visit FitRecConnect.Belmont.edu

 Group Fitness Room  Rec Gym

 Mind/Body  Cardio  Strength  Sweat Scale

