



Schedule Fall 2017

Session date: Tuesday, Sept. 5–Friday, Dec. 8

No classes will be held after 1 p.m. on Wednesday, Nov. 22–Sunday, Nov. 26.

Class capacity is indicated next to each class type.

Demo Days Sept. 5-17

All F45 classes are free during the demo days. Purchase your F45 semester or unlimited pass and save. Must have SRC access and valid Bronco ID.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Cardio/Strength Hybrid (18)	Cardio (27)	Strength (18)	Cardio (27)	Strength (18)	Cardio (27)
	6:30-7:15 a.m.	6:30-7:15 a.m.	6:30-7:15 a.m.	6:30-7:15 a.m.	
	12:15-1 p.m.	12:15-1 p.m.	12:15-1 p.m.	12:15-1 p.m.	12:15-1 p.m.
	5:15-6 p.m.			5:15 to 6 p.m.	4-4:45 p.m.
6-6:45 p.m.	6:15-7 p.m.	6:15-7 p.m.	6:15-7 p.m.		
7-7:45 p.m.		7:15-8 p.m.	7:15-8 p.m.		



Motivation. Innovation. Results.

F45 participants will experience a revolutionary approach to exercise that is an unlimited array of circuit-based workouts in a high-tech, team environment to provide a totally immersive experience that is fun, fast and gets results.

F45 Class Pass Prices

- Single Class Pass-**\$3**
- Monthly F45 Pass-**\$30**
- F45 Semester Pass-**\$70**
- Unlimited Semester Pass-**\$90**
(F45 and Group Fitness)

Western Wellness Prices

- Single Class Pass-**\$3**
- F45 Semester Pass-**\$55**
- Unlimited Semester Pass-**\$75**
(F45 and Group Fitness)

- wmich.edu/rec/fitness/f45
- WMU Student Recreation Center
- @wmu_src
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