



# GroupEx and F45 Summer II Schedule

Monday, July 1–Friday, Aug. 16

No classes after 1 p.m. Wednesday, July 3 – Friday, July 5.  
 Schedule subject to change due to University schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga</b> 12:10-12:55 p.m. Emma	<b>F45</b> 6:30-7:15 a.m. Chris/Beth	<b>Yoga</b> 12:10-12:55 p.m. Emma	<b>F45</b> 6:30-7:15 a.m. Chris/Beth	<b>F45</b> 12:15-1 p.m. Aiden & TBD
<b>F45</b> 12:15-1 p.m. Mike	<b>F45</b> 12:15-1 p.m. Beth	<b>F45</b> 12:15-1 p.m. Kyle	<b>Pilates</b> 12:10-12:55 p.m. Emma <small>Class starts July 18</small>	
<b>F45</b> 5:20-6:05 p.m. Megan & Aiden	<b>F45</b> 5:20-6:05 p.m. Megan & Aiden	<b>Zumba®</b> 5:15-6 p.m. Brittney	<b>F45</b> 12:15-1 p.m. Beth	
<b>Zumba®</b> 5:30-6:15 p.m. Maddy*	<b>Yoga</b> 5:30-6:30 p.m. Kayla	<b>F45</b> 5:20-6:05 p.m. Megan & Aiden	<b>F45</b> 5:20-6:05 p.m. Maddy* & Aiden	
		<b>CycleFit</b> 5:30-6:15 p.m. Lauren	<b>Yoga</b> 5:30-6:30 p.m. Kayla R.	



Stay up-to-date on our web portal and mobile app.



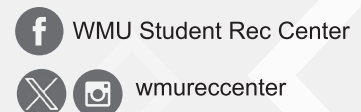
\*Class instructed by Maddy Murlarski  
 Navigation Specialist–Fitness/Wellness

## Single Session Pass Prices

Single class pass: \$4      Western Wellness GroupEx pass: \$15  
 GroupEx pass: \$20      Western Wellness Unlimited pass: \$35  
 Unlimited pass: \$40      *Includes GroupEx and F45*  
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Access to the SRC is required. Pass prices do not include SRC membership.

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