SPRING 2020 SEMESTER

GROUP FITNESS SCHEDULE

ALL CLASSES ARE 50 MINUTES UNLESS NOTED IN PARENTHESIS
FAILURE TO ARRIVE ON TIME OR CANCEL IN ADVANCE MAY RESULT IN THE SUSPENSION OF REGISTRATION PRIVILEGES

RESERVE YOUR SPOT IN A CLASS TODAY!

1. GO TO FITRECONNECT.BELMONT.EDU
2. LOG IN (IN THE UPPER RIGHT CORNER) USING YOUR MYBELMONT CREDENTIALS
3. CLICK "GROUP FITNESS" AND SELECT THE CLASS OF YOUR CHOICE
4. REGISTER FOR THE DESIRED CLASS INSTANCE
5. CLICK "CHECKOUT" TWICE
6. GET READY TO FINDYOURFIT

RESERVATIONS CAN BE MADE UP TO 72 HOURS IN ADVANCE
YOUR SPOT MAY BE GIVEN TO A WAITLISTED PATRON IF YOU HAVE NOT CHECKED IN BY THE START OF CLASS

MONDAY

- VINYASA YOGA SAMANTHA
- 6:00A

TUESDAY

- INDOOR CYCLE GRACE
- 6:30A

WEDNESDAY

- BRUIN BOOT CAMP LEX
- 6:30A

THURSDAY

- CYCLE & STRENGTH JOE
- 6:30A

FRIDAY

- VINYASA YOGA SARAH
- 6:30A

SATURDAY

- INDOOR CYCLE NATALIE
- 9:30A

SUNDAY

- INDOOR CYCLE KATE
- 9:30A

Follow Belmont FitRec for more information and updates on the schedule!