



Southwest Baptist
UNIVERSITY

Ken and Jane Meyer
Wellness and Sports Center

Fall 2025 Fitness Schedule

Classes begin August

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 – 8:45 AM			Aqua		
8:30-9:30 AM	Aqua				Aqua
9:00 – 9:50 AM	KIN- 3043 (Reserved)		KIN-3043 (Reserved)		KIN-3043 (Reserved)
12:10 -12:50 PM	Body Sculpting with Kerri		Body Sculpting with Kerri		
4:00 PM – 5:00 PM			High Fitness With Kerri		
5:15 PM – 6:00 PM		Complete Tone with Michelle		Body Sculpting with Michelle	

Class Descriptions

Aqua: Work out in a way that's easy on your joints! Grab a swimsuit and get a great cardio and resistance workout to tone up in the water.

Body Sculpting: A class that tones and strengthens the entire body! Exercise with a variety of equipment to focus on specific body parts or maybe the whole body.

HIGH Fitness: A wonderful workout – set to music! A fun cardio workout with moves

Complete Tone: A class that focuses on toning the entire body. Bring your body and get ready to use some dumbbells to tone all your muscle groups!

Pricing: Free-Students, Staff and Faculty \$1- Wellness Center members, \$5-for Guests

- Paid to the instructor, wellness center desk or you may purchase a fitness class bundle