



**Southwest Baptist**  
UNIVERSITY

Ken and Jane Meyer  
Wellness and Sports Center

## Summer 2023 Fitness Schedule

Classes begin June 5th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45 am	Aqua with Kathy	Aqua with Kathy	Stretch & Flex with Kathy	Pi-Yo with Kathy	
12:10-12:50 pm	Body Sculpting with Kerri		Body Sculpting with Kerri		10 – Aqua with Kathy
5:15-6 pm	Complete Tone with Lexie	HIIT with Lexie	Complete Tone with Lexie	Body Sculpting with Lexie	

\*No classes will occur July 3<sup>rd</sup>-5<sup>th</sup> in recognition of the 4<sup>th</sup> of July\*

Classes will end August 4<sup>th</sup>, with select classes running in the campus break, resuming August 21<sup>st</sup>.

### 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.

**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!

**HIIT:** High-Intensity Interval Training – This format of exercise will get your heartrate up and give you a full-body workout

**Killer Abs:** An excellent workout to focus on

**Pi-Yo:** This class is Pilates and Yoga mixed together, great for your core

**Stretch and Flex:** A time for intense stretching with your body in a relaxed atmosphere. Flexibility and balance are main focuses in this class.