BearFIT

SUMMER 2021 CLASS SCHEDULE

WashU Rec will host in person outdoor BearFit classes on Level 3 of the Snow Way parking garage. Class spaces are limited and all participants need to register in advance at ***recstore.wustl.edu***. Classes are open to anyone with a WUSTL Key or to previous Sumers Rec Center members who have a Rec Store login.

MONDAYS

Energy Flow w/ Jayne, 4:30 p.m.

Tabata w/ Melanie, 5:30 p.m.

Zumba w/ King, 6:30 p.m.

TUESDAYS

Energy Sculpt w/ Meghann, 5:30 p.m.

Strength & Endurance w/ Johnny, 4:30 p.m.

Vinyasa Yoga w/ Monica, 6:30 p.m.

WEDNESDAYS

Barre Fusion w/ Tanya, 4:30 p.m.

BearFit Box & Burn w/ Desi, 5:30 p.m.

Energy Step w/ Tyler, 6:30 p.m.

THURSDAYS

Core Power w/ Melanie, 4:30 p.m.

BearFlex w/ Meghann, 5:30 p.m.

FRIDAYS

Gentle Flow Yoga w/ Chris, 4:30 p.m.

Barre Fusion w/ Moira, 5:30 p.m.

SATURDAYS

BearFit Mix w/ Meghann or Johnny, 10 a.m.

Schedule runs June 1-August 15

Register for classes at *recstore.wustl.edu.*