**MONDAY**
- **6:30AM** - **BOOTCAMP** w/ NATALIE
- **12:00PM** - **PILATES** w/ KATELYNN
- **4:00PM** - **IRON BODY BLAST** w/ JOE, NATALIE, & FRIENDS
- **5:00PM** - **BODY BLAST** w/ KRISTEN
- **5:00PM** - **PILATES** w/ DAVID
- **6:00PM** - **CARDIO DANCE** w/ RACHEL B.
- **6:00PM** - **SPIN** w/ KATHRYN
- **9:00PM** - **SPIN** w/ ROSE

Spin/Spin & Trim
A great cardio workout on indoor bikes that will burn calories while also building your leg muscles. Participants are required to sign up beforehand and encouraged to bring water as this will be the ride of your life!

Iron Body Blast
Get ready to work your entire body! This challenging bootcamp style class will help you develop speed, strength, and stamina through a series of fun and athletically based circuits.

**TUESDAY**
- **6:30AM** - **SPIN** w/ MADDY G.
- **12:00PM** - **BARRE** w/ JENNIFER R.
- **4:00PM** - **BODY BLAST** w/ MAREN
- **9:00PM** - **HIP HOP DANCE** w/ BAYLI

**WEDNESDAY**
- **6:30AM** - **SUNRISE YOGA** w/ KIM CARR
- **12:00PM** - **CARDIO KICKBOXING** w/ EVERETT
- **4:00PM** - **IRON BODY BLAST** w/ JOE, NATALIE, & FRIENDS
- **9:00PM** - **SPIN** w/ JENNI

PiYo
PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**THURSDAY**
- **6:30AM** - **SPIN** w/ ROSE
- **12:00PM** - **PIYO** w/ RACHEL
- **4:00PM** - **BOOTCAMP** w/ MARI
- **9:00PM** - **YOGA** w/ MADELYN

Yoga/Sunrise Yoga
Increases participants’ spiritual, emotional and physical health by incorporating exercises that tone muscles, increase flexibility and focus on breathing to relax the mind.

**FRIDAY**
- **6:30AM** - **BOOTCAMP** w/ BYRON
- **12:00PM** - **YOGA**

**You can register for classes by calling the front desk of the Beaman at 615-460-6313 or by signing up on FitRecConnect.Belmont.edu, click “sign-in”, click “CAS”, enter your mybelmont information, and click “register” for specific class.**

**Barre**
A class that uses the ballet barre to tone muscle groups with small and quick movements. It will leave participants feeling empowered at the end of the workout.

**Hip Hop Dance**
A cardio dance workout that tones and tightens your muscles to high-energy, “club style” music. Learn the latest dance crazes as you burn calories.

**Pilates**
An exercise technique that focuses on strengthening your core muscles (back & abs) with challenging moves, increasing your strength, performance enhancement, and added mobility.

**Body Blast**
Body Blast will kick your entire body into action by toning muscle and burning fat throughout a variety of challenging, fun circuits.