



Better Me Fitness Class Schedule

Spring Semester 2025 (2245)

- Register on the Better Me website to attend any of these class options, or scan the QR code.
- Classes begin Jan. 6 and end May. 2. Classes are FREE for the Spring semester (2245).
- “Fitness Sampler” on Tuesdays will change throughout the Spring. Jan & Feb = Bootcamp. Mar, Apr & May = Kettlebell class



MONDAY

Time	Class	Location	Instructor
12 p.m.	Functional Fitness	GV	Keith O.
5 p.m.	Dance HIIT	LDAN	Bri V.
5 p.m.	Aqua Fitness	POOL	Tina V.

WEDNESDAY

Time	Class	Location	Instructor
12 p.m.	Yoga	LDAN	Jackie C.
12 p.m.	Strength Circuit	GV	Jenn
5 p.m.	Aqua Fitness	POOL	Tina V.

TUESDAY

Time	Class	Location	Instructor
6:30 a.m.	AM HIIT	LDAN	Michelle L.
12 p.m.	Fitness Sampler*	GV	Varies
12 p.m.	Pilates**	LBJ	Kate S.
5:15 p.m.	Yoga	GV	Denise W.

THURSDAY

Time	Class	Location	Instructor
6:30 a.m.	Strength & Conditioning	LDAN	Michelle L.
12 p.m.	Pilates	GV	Kate S.
5 p.m.	Indoor Cycling	SPIN	Jamie C.
5 p.m.	Tai Chi	GV	Tai

On Thursdays at 5 p.m., the rec pool will be open for employees to practice aqua-based workouts.

*Fitness Sampler Schedule

January and February—Bootcamp class with Jenn C.

March, April, and May—Kettlebell class with Kate S.

**Classes at LBJ

Pilates will run every Tue at noon from Jan 14 to Feb 25

Yoga in ASL will run every Wed at noon from Mar 5 to Apr 30.

LOCATION KEY		
UDAN	Upper Dance Studio	SLC Main Level
LDAN	Lower Dance Studio	SLC Lower Level
SPIN	Spinning Room	SLC Lower Level
MINI	Mini Gym	SLC Main Level
POOL	Judson Pool	SLC Lower Level
GV	Global Village Studio	Global Village
LBJ	Dance Lab 2 (Room 1825)	Lyndon Baines Johnson Hall