



Mon–Thur. 6:15 AM–10 PM • Fri 6:15 AM–8 PM • Sat: 8 AM–2 PM • Sun: 12 noon–9p

Class & Event Schedule: WEEK OF August 28, 2023

Monday 8/28	• 11:45a-12:30p STRENGTH CIRCUITS - Studio
Tuesday 8/29	• 6:15-7:a RISE & HIIT - Studio • 11:45-12:30p STRENGTH CIRCUITS - Studio
Wednesday 8/30	• 11:45a-12:30p FITNESS YOGA - Studio
Thursday 8/31	• 6:30-7:15a RISE & HIIT • 11:30a-12:30p RESTORATIVE YOGA – Swartz Dance Studio • 11:30-12n – HHP MAJOR & MINOR MEETING – HHP STRONG – Full Court
Friday 9/1	• 2:30p-4p RESTORATIVE YOGA – Swartz Dance Studio
Saturday-Sunday 9/2 & 9/3	• OPEN REGULAR HOURS

540-365-4228 Front Desk

Email fitnesscenter@ferrum.edu

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See class descriptions on the Fitness Center App or College website