



# NOVEMBER FITNESS SCHEDULE

MON

**Step Fusion™ - 5:30pm - 6:30pm**  
**Rhodes 218A**

TUE

**Functional Fusion™ - 11:00am - 11:30am**  
**Rhodes 218A**

**Pilates with Tools - 11:35am - 12:05pm**  
**Rhodes 218A**

**Functional Fusion™ - 4:15pm - 4:45pm**  
**Mezzanine in Rhodes**

**Pilates with Tools - 5:00pm - 5:30pm**  
**Mezzanine in Rhodes**

WED

**Walk with Us Wednesday - TBD**

**Functional Fusion™ - 5:30pm - 6:30pm**  
**Rhodes 218A**

THU

**Functional Fusion™ - 11:00am - 11:30am**  
**Rhodes 218A**

**Pilates with Tools - 11:35am - 12:05pm**  
**Rhodes 218A**

**Functional Fusion™ - 4:15pm - 4:45pm**  
**Mezzanine in Rhodes**

**Pilates with Tools - 5:00pm - 5:30pm**  
**Mezzanine in Rhodes**

## CLASSES

### **Functional Fusion™ or Step Fusion**

Take everyday functional movement and combine it with balance & coordination training, a fundamental strength training program with compound movements and athletic drills in a non-stop flow progression and you have Functional Fusion™.

Step Fusion has the same foundation however we add step ups and aerobics into our program.

### **Pilates with Tools**

A modern take on the classic mat workout, this class uses props such as light hand weights, the mini ball, toning bands and the magic circle to help develop a strong inner core while sculpting long, lean muscles. Focuses on proper breathwork, proper form, function, and control.

**[MYSITE.VAGARO.COM/BEARWELL](https://mysite.vagaro.com/bearwell) TO RESERVE YOUR CLASS SPOT!**