Virtual Fitness Schedule

A comprehensive schedule of virtual classes presented by our talented friends and partners at their great universities:

Cleveland State University (CSU)
DePaul University (DPU)
Harper College (HC)
Jacksonville State University (JSU)
Marshall University (MU)
Moraine Valley Community College (MVCC)
Mylan Park (MP)
University of Alabama at Birmingham (UAB)
University of Missouri - St. Louis (UMSL)
University of New Haven (UNH)

Click a Category to See a Specific Type of Class!

THURSDAY

May 25-31

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Click the class name and enter the code if necessary or visit Instagram. Note: you do not have to attend the university that the instructor is affiliated with to participate in the class. Check back weekly as class schedule is subject to change.

To virtually participate in a class, click the class name and enter the code if necessary or visit Instagram. Note: you do not have to attend the university that the instructor is affiliated with to participate in the class. Check back weekly as class schedule is subject to change.

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