Brody Neighborhood Exercise Schedule

Sundays - **Zumba 8-9p**
- Room 134
- Instructor: Brianna

Tuesdays - **Zumba 7-8p**
- Room 134
- Instructor: Brianna

Wednesdays - **Yoga 8-9p**
- Room 175
- Instructor: Emily

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!
East Neighborhood Exercise Schedule

Group Exercise/Fitness

Tuesdays

Zumba  9:15-10:15p
- Holmes C201
- Instructor: Brianna/Jessica

Wednesdays

Groove Yoga  8-9p
- Akers 138
- Instructor: Sara

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!
North Neighborhood Exercise Schedule

Group Exercise/Fitness

Mondays

Yoga 6:30-7:30p
  - Sny-Phi C201
  - Instructor: Michelle

Tuesdays

Yoga 5:30-6:30p
  - Mosaic - Union 2nd floor
  - Instructor: Michelle

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!
River Trail Neighborhood Exercise Schedule

Group Exercise/Fitness

Mondays

**Zumba 7-8p**
- Shaw C20
- Instructor: Fang Xie

Wednesdays

**Yoga 7-8p**
- Shaw C20
- Instructor: Caitlin

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!
South Neighborhood Exercise Schedule

Group Exercise/Fitness

Tuesdays – **Boot Camp 8:30-9:15a**
- Wonderbodies
- Instructor: Libby
  
  **Groove Yoga 5:30-6:30p**
  - Wonderbodies
  - Instructor: Sara

Wednesdays – **Boot Camp 6:45-7:30p**
- Wonderbodies
- Instructor: Jessica
  
  **Zumba 9:15-10:15p**
  - Wonders Lg. Multipurpose Rm
  - Instructor: Sara

Thursdays – **Yoga 5:45-6:45p**
- Holden G28
- Instructor: Shelby B
  
  **Cardio Kickboxing 7:00-7:45p**
  - Holden G28
  - Instructor: Roxy

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!
Spartan Village
Exercise Schedule

Group Exercise/Fitness

Tuesdays
Yoga 6-7p
- Community Center Gym
- Instructor: Caitlin

Wednesdays
Zumba 6:30-7:30p
- Community Center Gym
- Instructor: Marie

These classes have been paid for by REHS so there is no direct out of pocket cost to you! Enjoy!