

Brody Neighborhood Exercise Schedule

Sundays – Zumba 8-9p

- Room 134
- Instructor: Brianna

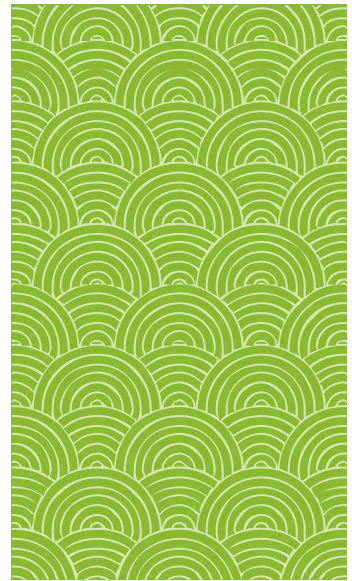
Tuesdays – Zumba 7-8p

- 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

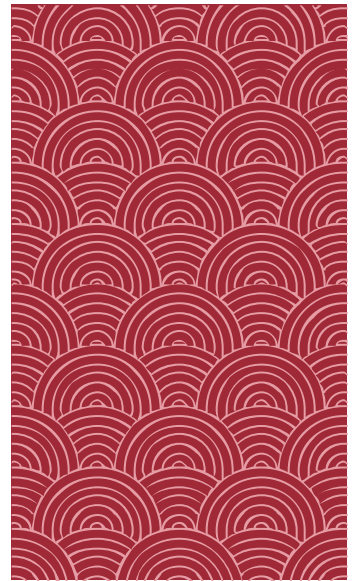
- Holmes C201
- Instructor: Brianna/Jessica

Wednesdays

Groove Yoga 8-9p

- Akers 138
- Instructor: Sara

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North Neighborhood Exercise Schedule

Group Exercise/Fitness

Mondays

Yoga 6:30-7:30p

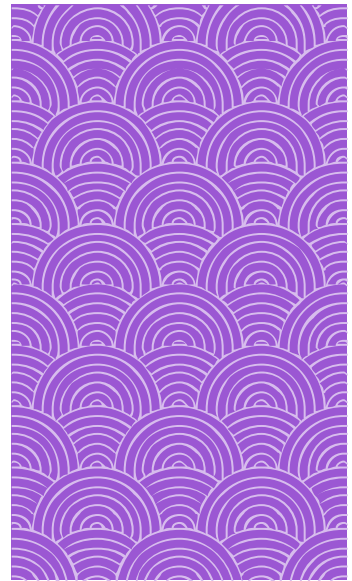
- Sny-Phi C201
- Instructor: Michelle

Tuesdays

Yoga 5:30-6:30p

- Mosaic – Union 2nd floor
- Instructor: Michelle

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RiverTrail Neighborhood Exercise Schedule

Group Exercise/Fitness

Mondays

Zumba 7-8p

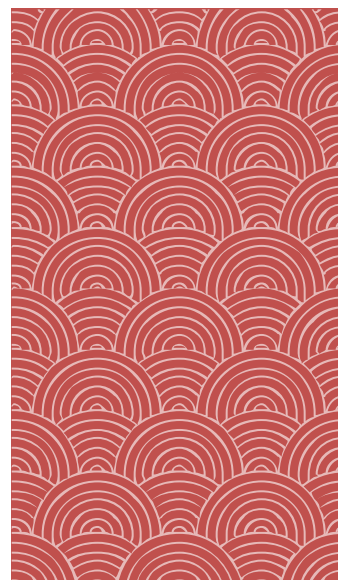
- Shaw C20
- Instructor: Fang Xie

Wednesdays

Yoga 7-8p

- Shaw C20
- Instructor: Caitlin

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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

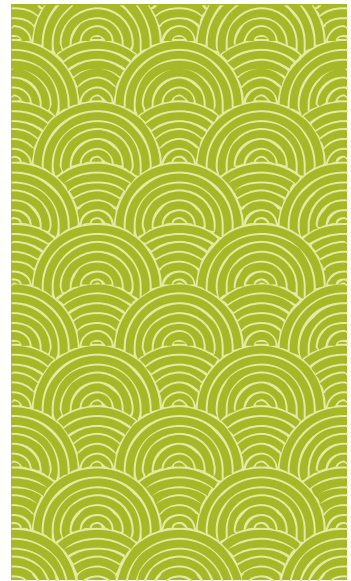
Thursdays – **Yoga 5:45-6:45p**

- Holden G28
- Instructor: Shelby B

Cardio Kickboxing 7:00-7:45p

- Holden G28
- Instructor: Roxy

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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

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