

# Brody Neighborhood Exercise Schedule

Group Exercise/Fitness

**\*\*No Classes Spring Break\*\***

Sundays: Mar 18 – Apr 22

**Zumba 7:30 – 8:30p**

- Room 134
- Instructor: Michaella

Tuesdays: Mar 13 – Apr 24

**Zumba 7:30-8:30p**

- Room 112
- Instructor: Jessica

Wednesdays: Mar 14 – Apr 25

**Yoga 8-9p**

- Room 175
- Instructor: Joe

**New Time  
and  
Room!**

Classes must average 6+ people per class to remain on the schedule.

RECREATIONAL SPORTS  
AND FITNESS SERVICES



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