South Neighborhood Exercise Schedule

Group Exercise/Fitness

Sundays – 
- **Boot Camp** 7:45 - 8:30p
  - Holden G28
  - Instructor: Jessica D
- **Yoga** 8:45 – 9:45p
  - Holden G28
  - Instructor: Caitlin

Mondays – 
- **Groove Yoga** 8:00 - 9:00p
  - Wonderbodies
  - Instructor: Sara

Wednesdays – 
- **Zumba** 9:15 - 10:15p
  - Wonders Lg. Multipurpose Rm (North Dining Hall)
  - Instructor: Gabbi

Thursdays – 
- **Yoga** 5:45 - 6:45p
  - Holden G28
  - Instructor: Michelle
- **Boot Camp** 7:00 - 7:45p
  - Holden G28
  - Instructor: Jessica D

Fridays – 
- **Cardio Kickbox** 9:45 – 10:30a
  - Wonderbodies
  - Instructor: Kelsey

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