

East Neighborhood Exercise Schedule

Group Exercise/Fitness

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

Tuesdays: Jan 16 – Apr 24

Zumba 9:15 - 10:15p

- Holmes C103/104
- Instructor: Jessica / Cami

Wednesdays: Jan 17 – Apr 25

Groove Yoga 8 - 9p

- Akers 138
- Instructor: Shelby

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

RECREATIONAL SPORTS
AND FITNESS SERVICES



LIVE ON
WWW.LIVEON.MSU.EDU

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