

# North Neighborhood Exercise Schedule

Group Exercise/Fitness

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

Mondays Jan 22 – Apr 23

**Yoga 6:30 - 7:30p**

- Sny-Phy C201/203
- Instructor: Shelby

Tuesdays Jan 16 – Apr 24

**Yoga 7:45 – 8:45p**

- Landon, East Lounge
- Instructor: Calli

Wednesdays Jan 17 – Apr 25

**Insanity 9:00 – 9:45p**

- Sny-Phy C302
- Instructor: Kate K

**New Class**

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!