

RiverTrail Neighborhood Exercise Schedule

Group Exercise/Fitness

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

Mondays Jan 22 – Apr 23

Zumba 7 - 8p

- Shaw C20
- Instructor: Fang Xie

Wednesdays Jan 17 – Apr 25

Yoga 7:45 – 8:45p

- Shaw E-5 Conference Rm
- Instructor: Calli

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

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

RECREATIONAL SPORTS
AND FITNESS SERVICES



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