

South Neighborhood Exercise Schedule

Group Exercise/Fitness

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

Sundays – Jan 21 – Apr 22

Yoga 8:45 – 9:45p

- Holden G28
- Instructor: Caitlin

Mondays – Jan 22 – Apr 23

Groove Yoga 8:00 - 9:00p

- WonderBodies
- Instructor: Sara

Wednesdays – Jan 17 – Apr 25

Boot Camp 7:45 – 8:30p

- Holden Studio – Rm G28
- Instructor: Jessica D

Yoga 8:45 - 9:45p

- Holden Studio – Rm G28
- Instructor: Sara

Zumba 9:15 - 10:15p

- Wonders Lg. Multipurpose Rm (North Dining Hall)
- Instructor: Michaella

**New
Day
and
Time!**

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!