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

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