

FALL 2023 SCHEDULE

Bruce and Graciela Redwine Student Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM POWERFUL YOGA TINA	5:30 AM SPIN LORI	6:30 AM CARDIO 1 DARWIN	5:30 AM SPIN IVETTE	5:30 AM SPIN CASANDRA
NOON SPIN BOOTCAMP ANGIE	NOON SPIN DR. KEITH	NOON SPIN DAIL	NOON SPIN DR. KEITH	NOON SPIN DR. KEITH
	NOON YOGA TERRI	NOON BARRE CJ	NOON YOGA TERRI	
5:30PM STEP & CORE KORIE	4:30 PM CARDIO 2 DARWIN	5:30PM STEP & CORE KORIE	5:30PM BASIC STEP TERRI	<u>Fall Classes</u> August 28-December 8
	5:30PM SPIN DEBBY	5:30PM SPIN IVETTE	6:00 PM SPIN BOOTCAMP DEBBY	<u>No Classes</u> Nov. 22-24
	5:30PM SCULPT LORI			