

SPRING 2024 SCHEDULE

Bruce and Graciela Redwine Student Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5:30 AM CYCLE FUSION LORI		5:30 AM SPIN IVETTE	5:30 AM SPIN CASANDRA
NOON SPIN BOOTCAMP ANGIE	NOON SPIN SCOTT	NOON POWERFUL YOGA TINA	NOON YOGA TERRI	
5:30PM STEP & CORE KORIE	NOON YOGA TERRI	4:30PM LINE DANCE TERRI	5:30PM DANCE KORIE	
6:30PM BARRE CJ	5:30PM SPIN DEBBY	5:30PM STEP & CORE KORIE	5:30PM SPIN BOOTCAMP DEBBY	
	5:30 PM FULL BODY HIIT LINDSAY			
				<p><u>Spring Classes</u> January 16-May 10</p> <p><u>No Classes</u> Jan. 15; March 11-15; March 28-29</p>