GROUP FITNESS SCHEDULE
SPRING 2020

MONDAY & WEDNESDAY

Silver Sneakers
10am - Rm 228
   Rissie

Silver Sneakers
11am - Rm 228
   Rissie

Tai Chi
2pm - Rm 225
   Kazumi

Spin
4:15pm - Rm 225
   Lauren

Water Aerobics
5:15pm - Pool
   Donna

Zumba
5:30pm - Rm 228
   Catherine

Barre (Wed only)
5:30pm - Rm 225
   Joan

Yoga
6:30pm - Rm 228
   Morgan

TUESDAY & THURSDAY

Barre
8:30am - Rm 225
   Joan

Tai Chi
5pm - Rm 228
   Kazumi

Water Aerobics
5:15pm - Pool
   Donna

Barre
5:30pm - Rm 225
   Julia

Yoga Flow
6:30pm - Rm 225
   Julia

FRIDAY

Silver Sneakers
10am - Rm 228
   Rissie

SATURDAY

Barre
10am - Rm 225
   Joan

Yoga
11am - Rm 225
   Joan

LET'S KEEP IN TOUCH:

@slu_rec
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THE REC
SOUTHEASTERN LOUISIANA UNIVERSITY