



**MOREHEAD STATE
UNIVERSITY**
RECREATION & WELLNESS

GROUP FITNESS

NOV 16th - NOV 19th

MONDAY NOV 16th	TUESDAY NOV 17th	WEDNESDAY NOV 18th	THURSDAY NOV 19th
5-5:30pm HIIT MOLLY	5-5:30pm YOGAFIT EMILIE	5-5:30pm BUTI YOGA SHELBY	5-5:30pm YOGA FLOW SHELBY
6-6:30pm POUND SYDENY	6-6:30pm SPIN MOLLY	6-6:30pm ZUMBA KIM	

All classes will be conducted in-person Studio #210 and #211

10 person max capacity for all classes

There will be no further group fitness classes past Nov 19th 2020 until the Spring Semester 2021

Reservation required please visit: recreation.moreheadstate.edu/