



GROUP FITNESS

SEPT 8th-10th

MON SEPT 7	TUE SEPT 8	WED SEPT 9	THURS SEPT 10
No Classes	6-6:30pm YOGAFIT EMILIE	6-6:30pm ZUMBA KIM	5-5:30pm YOGA FLOW SHELBY
No Classes	7-7:30pm SPIN Studio #211 MOLLY	7-7:30pm BUTI YOGA SHELBY	

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

10 person max capacity for all classes

Reservation required please visit: recreation.moreheadstate.edu/