



**MOREHEAD STATE
UNIVERSITY**
RECREATION & WELLNESS

GROUP FITNESS FALL 2021

NOV 29th-DEC 3rd

Monday	Tuesday	Wednesday	Thursday
12pm-1pm STEP EXPRESS LYNN Studio #210 RECW	12pm-1pm SPIN BILL Studio #211 RECW	12pm-1pm STEP EXPRESS LYNN Studio #210 RECW	12pm-1pm YOGA FLOW SHELBY Studio #210 RECW
6pm-7pm YOGA FLOW LAIKIN ADUC Ballroom 2nd Floor De-stress Week	6pm-7pm SPIN MOLLY Studio #211 RECW	6pm-7pm YIN YOGA LAIKIN ADUC Ballroom 2nd Floor De-stress Week	
	7pm-8pm YOGA FLOW LAIKIN ADUC Ballroom 2nd Floor De-stress Week	7pm-8pm BUTI YOGA SHELBY Studio #210 RECW	

All classes are first come first serve basis, registration is not required.

Classes are subject to change please call MSU RECW at 606-783-2083 for information.