



# GROUP FITNESS FALL 2021

## Begins AUG 23rd

Monday	Tuesday	Wednesday
6pm-7pm YOGA FLOW Laikin	6pm-6:45pm SPIN Molly	6pm-7pm YIN YOGA Laikin
7pm-7:45pm POUND Sydney	7pm-8pm YOGA FLOW Laikin	

All classes will be conducted in-person Studio #210 and #211 on the second floor of the MSU RECW

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

All Participants must wear a MASK at all times during class.

Schedule is available on the MSU RECW GOapp, Instagram and MSU RECW website.

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