



**MOREHEAD STATE
UNIVERSITY**
RECREATION & WELLNESS

GROUP FITNESS SPRING 2022

JAN 17th-20th **FULL SCHEDULE BEGINS JAN 24th!!**

Monday	Tuesday	Wednesday	Thursday
MLK DAY	12pm-1pm	12pm-1pm	12pm-1pm
MSU RECW	STEP EXPRESS	SPIN	STEP EXPRESS
Hours	LYNN	BILL	LYNN
3pm-10pm	Studio #210	Studio #211	Studio #210
	RECW	RECW	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.