



**MOREHEAD STATE
UNIVERSITY**
RECREATION & WELLNESS

VIRTUAL GROUP FITNESS

AUG 24-27th

MON	TUE	WED	THURS
AUG 24th	AUG 25th	AUG 26th	AUG 27th
6-6:45pm	6-6:45pm	6-6:45pm	5-5:45pm
HIIT N ABS	YOGAFIT	ZUMBA	YOGA FLOW
EMILIE	EMILIE	KIM	SHELBY
7-7:45pm	7-7:30pm	7-7:45pm	
YOGA FLOW	HIIT 30	BUTI YOGA	
SHELBY	MOLLY	SHELBY	

All classes will be conducted via ZOOM live stream
Links will be provided on the MSU RECW website and social media platforms

www.moreheadstate.edu/recreation

IG @msurecwellness

Twitter @MSU_RecWellness