

Recreation Fitness and Spinning Classes

No sign-ups, no commitment, no experience required



Class:	Yoga	Sculpt & Tone	Pilates	Power Abs	Fit Box	Bootcamp	Spinning
Place:	Studio 202	Studio 202	Studio 202	Studio 202	Studio 202	Multi-purpose Gym	Spin Room
Time:	Monday 10-11pm Thursday 5-6pm	Tuesday 9-10pm	Wednesday 5:00-6pm Saturday 3:00-4pm	Tuesday 8-9pm Thursday 8-9pm Sunday 8-9pm	Tuesday 10-11pm	Tuesday 7:15-8:15am Thursday 7:15-8:15am	Monday 4:30-5:30 Wednesday 4:30-5:30pm Thursday 4:30-5:30pm Friday 7:15-8:15am Saturday 10-11am Sunday 2-3pm