

MOVE IT

MONDAY

FREE CLASSES

Monday 5:15-6:00pm

Flanagan Studio

September 11 – Core N’ More

October 23 – Zumba

September 18 – Totally Tubes

October 30 – Zumba (black light)

September 25 – Zumba

November 6 – Spin (cycle room)

October 2 – Mat Pilates

November 13 – Mat Pilates

October 9 – Spin (cycle room)

November 27 – Core N’More

October 16 – Power Hour

December 4 – Yoga

Move it Monday is part of the Healthy Campus Initiative

