
































# BRUCE AND GRACIELA REDWINE STUDENT WELLNESS CENTER

Fall Schedule: August 19-December 15

No Classes: Sept. 2; November 27-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY		
5:30a EXPRESS SPIN Wendy 	5:30a SPIN Pablo 	5:30a SPIN Ivette 	5:30a SPIN Pablo 	9:00a YOGA ALYSSA 	2:00pm SPIN Debby/Wendy 		
Noon SPIN DAIL 	Noon SPIN DR. KEITH 	Noon SPIN DAIL 	Noon SPIN DR. KEITH 	Noon SPIN LORI 			
Noon BARRE TANI 	Noon YOGA CASSIE 	12:15pm BARRE TANI 	Noon YOGA CASSIE 	Noon CIRCUIT TANI 			
4:30pm CIRCUIT TANI 	4:30pm CORE DE FORCE LORI 	4:30pm CIRCUIT TANI 	4:30pm HIIT SARAH 	<p><b>HOURS OF OPERATION</b> Monday-Thursday 5:15AM-Midnight</p> <p>Friday 5:15AM-10:00pm</p> <p>Saturday &amp; Sunday 10:00AM-10:00PM</p> <p><b>AQUATICS HOURS</b> 3:00-7:00PM</p> <p>(940) 397-4466 OR EMAIL <a href="mailto:ANGIE.REAY@MSUTEXAS.EDU">ANGIE.REAY@MSUTEXAS.EDU</a></p>  <p><b>BRUCE &amp; GRACIELA REDWINE</b> Student Wellness Center MIDWESTERN STATE UNIVERSITY™</p>			
5:30pm STEP KORIE 		5:30pm STEP KORIE 	5:30pm STEP TERI 				
5:30pm SPIN IVETTE 	5:30pm SPIN DEBBY 	5:30pm SPIN LORI 	5:30pm SPIN DEBBY 				
6:30pm SPIN BIANCA 	6:30pm YOGA KATIE 	6:30pm SPIN BIANCA 	6:30pm YOGA BRIDGET 