SPRING 2023 SCHEDULE

Bruce and Graciela Redwine Student Wellness Center

**MONDAY**
- 7:00 AM YOGA TINA
- NOON SPIN BOOTCAMP ANGIE
- 12:15 PM DANCE CARDIO TANI
- 1:00 PM MEDITATION ANDREW
- 5:30 PM STEP & CORE KORIE

**TUESDAY**
- 5:30 AM SPIN LORI
- NOON SPIN DR. KEITH
- NOON YOGA TERRI
- 5:30PM SPIN DEBBY

**WEDNESDAY**
- 6:30 PM WEIGHT LIFTING DARWIN
- NOON SPIN DAIL
- 12:15 PM BARRE TANI
- 1:00 PM DANCE CARDIO TANI
- 5:30PM SPIN IVETTE

**THURSDAY**
- 5:30 AM SPIN IVETTE
- NOON SPIN DR. KEITH
- NOON YOGA TERRI
- 5:30PM BASIC STEP TERRI
- 6:00 PM SPIN BOOTCAMP DEBBY

**FRIDAY**
- 6:30 AM BOOT CAMP DARWIN
- NOON SPIN DAIL
- 12:15 PM DANCE CARDIO TANI
- 1:00 PM BARRE TANI
- 5:30PM STEP & CORE KORIE

**Spring Classes**
January 17-May 12

**No Classes**
January 16, March 13-17, & April 6-7