

FALL 2024

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SPIN 6:45AM-7:30AM		YOGA 6:45AM-7:30AM	SPIN 6:45AM-7:30AM
FACULTY/STAFF YOGA 12:10PM-12:40PM	YOGA 4:00PM-4:45PM	BOOTCAMP 4:45PM-5:30PM	YOGA 4:00PM-4:45PM	
SPIN 5:45PM-6:30PM	ZUMBA 6:30PM-7:15PM			
 <p>SCCAMPUSREC</p>				

Follow @sccampusrec to stay up to date, learn about special classes, playlists, and more!

Spin classes will be held in room 202. All other classes will be held in room 214. All are welcome - whether it's your first class or your hundredth!