

Fall Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 12-12:45pm				
Spin 5-5:45pm	Yoga 4-4:45pm	Yoga 5-5:45pm	Spin 5-5:45pm	
	Zumba 6:30-7:15pm		Yoga 7-7:45pm	

Spin classes will be held in Wellness Center, room 202. All other classes will be held in room 214. All are welcome!

*Classes begin Tuesday 9/2
No classes 10/13, 11/25-28*



Learn more about group exercise class offerings and Campus Rec programs



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