

# Campus Recreation

## Fall Fitness Classes

**Noontime Yoga:** room CE 310 or 031 (check **new IM Leagues** app for locations)

<b>Monday</b>	<b>Fridays</b>
Donna Porter	Donna Porter

**Indoor Cycling:** 5:00 pm – 6:00 pm room CE 240 by **MATRIX**

<b>Tuesdays</b>	<b>Thursdays</b>
Ashley Mosley	Nathanael Knight

**Turbo Kick/ Zumba:** room CE 240 or 031 (check **new IM Leagues** app for locations)

<b>Monday: Turbo Kick</b>	<b>Tuesday: Zumba</b>	<b>Wednesday: Turbo Kick</b>	<b>Thursday: Zumba</b>
6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm
Kara Benninger	Renee Cavanaugh	Kara Benninger	Renee Cavanaugh

**NEW IM Leagues** Get up-to-date lists of Campus Recreation fitness classes



Indoor Cycling Classes by

# MATRIX



The above schedule is **SUBJECT TO CHANGE** according to changes in the physical education academic schedule, the general recreation schedule and the athletic schedule. Changes will be posted as much in advance as possible.