

# GROUP EXERCISE

**SPRING BREAK | MARCH 24 - 31**

## Tuesday

Indoor Cycling  
12pm - 12:45pm

## Thursday

Indoor Cycling  
12pm - 12:45pm

## Saturday

Power Body  
12:30pm - 1:30pm

## Monday

Meditation & Reiki  
3pm - 3:45pm

## Wednesday

Indoor Cycling  
5:30pm - 6:15pm

Indoor Cycling  
5:15pm - 6pm



*All Classes are in Studio A at the Student Recreation & Wellness Center.  
Schedules are subject to change. We anticipate a return to the normal  
Spring Semester Group Exercise Schedule on Monday, March 31st.*