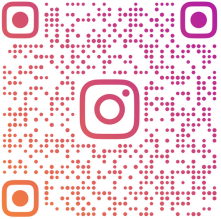



# Group Exercise Schedule

## Spring 2024

1/17-4/30

MON	TUES	WED	THURS	FRI
	SPIN AND CORE 6:45-7:30 AM	SPIN 6:45-7:30 AM	YOGA 7:00-7:45 AM	WEEKEND SPIN 7:00-7:45 AM
NEW! SPIN 4:30-5:15 PM	BODY BLITZ CIRCUIT 4:30-5:15 PM	YOGA 4:00-4:45 PM	SPIN 4:00-4:45 PM	
 SCCAMPUSREC	ZUMBA 6:30-7:15 PM		Scan me for class descriptions 	

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!