

GROUP FITNESS

SIGN IN AT THE FRONT DESK MUST HAVE VALID STUDENT ID (BUC CARD)

Monday	Tuesday	Wednesday	Thursday
<u>Vinyasa Yoga - Virtual</u> 3:45pm-4:45pm	<u>HIIT – In Person</u> 3:45pm-4:45pm	<u>Strength and Stretch – In Person</u> 3:45pm-4:45pm	<u>HIIT - In Person</u> 3:45pm-4:45pm
<u>Fusion Yoga - Virtual</u> 5:00-6:00 PM			<u>Restorative Yoga - Virtual</u> 5:00pm-6:00pm

Group Fitness Classes will begin 1/11. Virtual format on Zoom links can be found on the online Events Calendar.
<https://www.fsw.edu/calendar/>



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