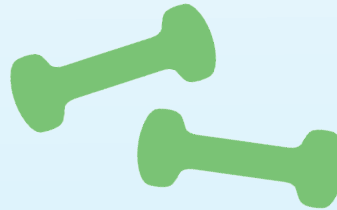
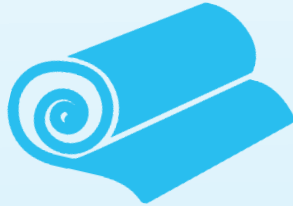


GROUP FITNESS CLASSES

SEPT 5- DEC 8 (except Nov 22-24)



M

12:30 p.m. Full-Body Sculpt w/ Irisha
4:00 p.m. Vinyasa Flow w/ Reem
5:30 p.m. HIIT w/ Brent
7:00 p.m. Slow-Flow Pilates w/ Natasha

T

12:30 p.m. Vinyasa Flow w/ Marlee
4:00 p.m. Power Pilates w/ Nicole
7:00 p.m. Restorative Yoga w/ Serra

W

12:30 p.m. Cardio Tap Dance w/ Shannon
4:00 p.m. Boot Camp w/ Shannon
5:45 p.m. Zumba w/ Alex
7:00 p.m. Slow- Flow Pilates w/ Natasha

R

12:30 p.m. Boot Camp w/ Shannon
4:00 p.m. Butts & Guts w/ Irisha
5:30 p.m. Power Pilates w/ Nicole
7:00 p.m. Vinyasa Flow Yoga w/ Serra

F

12:30 p.m. Cardio Chisel w/ Brent
4:00 p.m. Box & Flow w/ Brent
5:45 p.m. Zumba w/ Alex

FREE FOR STUDENTS
FACULTY & STAFF: \$5/CLASS OR \$45/SEMESTER
MORE INFORMATION: NARWHALNATION.COM/FITNESS