

RecAerobics Mixup

Monday November 27 - Friday December 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 pm - 12:45 pm	Water MSMS Pool		Water MSMS Pool		Water MSMS Pool
12:30 pm - 1:30 pm		Water MSMS Pool		Water MSMS Pool	
4:00 pm - 5:00 pm	Pilates	Step	Pilates	20/20/20	
5:15 pm - 6:00 pm	20/20/20	Abs/Toning			

All land classes will be in the Bubble except where noted. Water classes will be held in the MSMS Pool. For a description of all classes please visit our website. www.muw.edu/recreation
 Call Campus Recreation at 241-7494 for more information.

* Please bring a sticky yoga mat for Pilates.

