SUMMER FITNESS SCHEDULE

10 ROUNDS
MON 12 - 12:45 pm ZOOM
WED 4 - 4:45 pm ZOOM

TOTAL BODY TONING
MON 5 - 5:45 pm ZOOM

YOGA
TUES 12 - 12:45 pm MP2
WED 12 - 12:45 pm MP2

BARRE TONING
TUES 4 - 4:45 pm ZOOM
FRI 10 - 10:45 am ZOOM

BARRE RECOVERY
THU 5:15 - 5:45 pm ZOOM

HARD CORE
THU 4:15 - 4:45 pm ZOOM
FRI 12:00 - 12:30 pm ZOOM

JOIN REC SPORTS
live and in person for free through July 30. Find all our Zoom links online or on our app.

RecSports.shsu.edu • Jump in. Play Hard.