

Group Exercise Schedule

Summer session 2

	Monday	Tuesday	Wednesday	Thursday
9:00- 9:45 am	HIIT <i>Danielle</i>	Summertime Sculpt <i>Rebecca</i>	Cardio <i>Jalen</i>	Cardio Dance <i>Rebecca</i>

Session 2 Group Ex Schedule will run from July 8th – August 2nd..

For more information on Group Exercise schedules & our Fitness Assessment Lab please visit us at wrac.nsula.edu or call at **318.357.5428**