

Group Exercise Schedule

Summer Session I

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|----------------------------|----------------------------|----------------------------|
| 9:00- 9:45 am | Cardio Dance <i>Nhan</i> | Power Pumped <i>Danielle</i> | Barre <i>Coy</i> | Pound <i>Coy</i> | Yoga <i>Mimi</i> |
| | | | | | |

Session 1 Group Ex Schedule will run from **May 19th – June 13th**

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