

Group Exercise Schedule

Summer Session 2

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00- 9:45 am	Pilates <i>Mimi</i>	Power Pumped <i>Danielle</i>	Barre <i>Coy</i>	Sculpt & Tone <i>Danielle</i>	Yoga <i>Mimi</i>

Session 1 Group Ex Schedule will run from **July 14th** - **August 8th**

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