



**MOREHEAD STATE  
UNIVERSITY**

RECREATION & WELLNESS

# GROUP FITNESS SPRING 2022

## BEGINS JAN 24th

Monday	Tuesday	Wednesday	Thursday	Friday
6:15am-7am Sunrise Yoga RHIAN		6:15am-7am Sunrise Yoga LAIKIN		
12pm-1pm STRONG FARRAH	12pm-1pm STEP EXPRESS LYNN	12pm-12:45pm SPIN BILL	12pm-1pm STEP EXPRESS LYNN	12pm-12:45pm SPIN TEAGAN
6pm-6:45pm SPIN MOLLY	6pm-6:45pm SPIN TEAGAN	6pm-6:45pm Vinyasa Yoga RHIAN		
7pm-8pm POWER YOGA LAIKIN	7pm-8pm Vinyasa Yoga Rhian	7pm-7:45pm SPIN TEAGAN	7pm-8pm YOGA FLOW LAIKIN	
	8pm-9pm YIN YOGA LAIKIN	8pm-9pm YIN YOGA LAIKIN		

All classes take place at the MSU RECW studio #210 and #211  
All classes are subject to change please call 783-2083 for daily changes