

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

TABATA BOOTCAMP

MONDAY/WEDNESDAY:

5:30PM-6:30PM



SELF DEFENSE AND MARTIAL ARTS

WEDNESDAY: 2:00PM-2:45PM



YOGA

MILD/MODERATE

WEDNESDAY 6:30PM-7:30PM



CORE AND MORE

TUESDAY 11:30AM-12:15PM



START DATES

TABATA BOOTCAMP 8/29

YOGA 8/31

SELF DEFENSE/MARTIAL ARTS 8/31

CORE AND MORE 8/30

**FOR MORE INFORMATION,
VISIT**

**[HTTPS://WWW.MOUNTUNION.EDU/RECREATION-
AND-INTRAMURALS](https://www.mountunion.edu/recreation-and-intramurals)**