

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

TABATA BOOTCAMP

WEDNESDAY: 5:30PM-6:30PM



CORE AND MORE

THURSDAY 12:45PM-1:30PM



YOGA

MILD/MODERATE

WEDNESDAY 6:30PM-7:30PM



START DATES

TABATA BOOTCAMP 1/9

YOGA 1/18

CORE AND MORE 1/19

**FOR MORE INFORMATION,
VISIT**

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