

FACULTY - AND - STAFF - FREE DAYS -



March 12-16

Fit and Well

Tuesday YogaFit, 12:10-12:50, Studio B

Wednesday BarreFit, 12:10-12:50pm, Studio A

Power Yoga, 5:30-6:30, Studio A

Thursday YogaFlex, 12:10-12:50pm, Studio B

Chair Massages

Tuesday 13th, 11am-1pm

Wednesday 14th, 5pm-7pm

Thursday, 15th, 10:30am-12:30pm

