

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

YOGA

WEDNESDAY: 6:30PM-7:30PM



STRENGTH AND STRETCH

MONDAY 11:30AM-12:15PM



**FOR MORE INFORMATION,
VISIT**

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