

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

TABATA BOOTCAMP

WEDNESDAY: 5:30PM-6:30PM



STRENGTH AND STRETCH

MONDAY 11:30AM-12:15PM



YOGA

MILD/MODERATE

WEDNESDAY 6:30PM-7:30PM



START DATES

TABATA BOOTCAMP 1/17

YOGA 1/10

CORE AND MORE 1/29

**FOR MORE INFORMATION,
VISIT**

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