

# **RAIDERS**

## **RAIDERROBICS**

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**OPEN TO ALL STUDENTS, FACULTY AND STAFF**

### **TABATA BOOTCAMP**

**MONDAY : 5:30PM-6:30PM**

**WEDNESDAY: 5:30PM-6:30PM**



### **STRENGTH AND STRETCH**

**WEDNESDAY 11:30AM-12:15PM**



### **YOGA**

**MILD/MODERATE**

**WEDNESDAY 6:30PM-7:30PM**



### **START DATES**

**TABATA BOOTCAMP 8/30**

**YOGA 8/30**

**CORE AND MORE 8/30**

**FOR MORE INFORMATION,  
VISIT**

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