

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

TABATA BOOTCAMP

WEDNESDAY: 5:30PM-6:15PM



SELF DEFENSE AND MARTIAL ARTS

WEDNESDAY: 12:30PM-1:30PM



YOGA (MASKS REQUIRED)

MONDAY 12:00PM-1:00PM

WEDNESDAY 6:30PM-7:30PM



**FOR MORE INFORMATION,
VISIT**

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