

# **RAIDERS**

**UNIVERSITY OF MOUNT UNION  
- RECREATION AND WELLNESS -  
RAIDER-ROBICS**

---

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

## **TABATA BOOTCAMP**

**MONDAY: 5:15PM-6:00PM**

**(STARTS JANUARY 20)**

**WEDNESDAY: 5:15PM-6:00PM**

**(STARTS JANUARY 22)**



## **YOGA**



**TUESDAY 6:45PM-8:00PM**

**THURSDAY 11:15AM-12:15PM**

**THURSDAY 7:00PM-8:00PM**

**FRIDAY 8:00AM-9:00AM**

**CLASSES START MONDAY, JANUARY 13  
FOR MORE INFORMATION, VISIT  
[HTTPS://WWW.MOUNTUNION.EDU/RECREATION-AND-INTRAMURALS](https://www.mountunion.edu/recreation-and-intramurals)**