

**RaiderRobics**

**Open to all students, faculty and staff**

**self defense and  
martial arts**

thursday: 11:15am-12:00pm

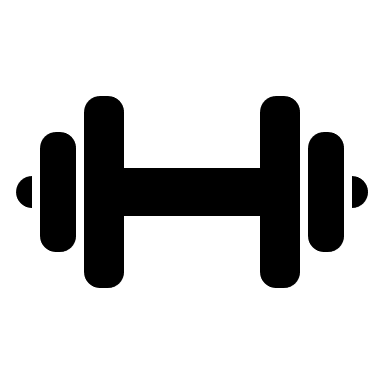


**Tabata  
Bootcamp**

Wednesday: 5:30pm-6:30pm



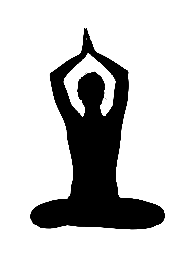
f

**core and more**  
tuesday 11:15am-12:05pm  


For more information, visit <https://www.mountunion.edu/recreation-and-intramurals>

**yoga  
mild/moderate**

wednesday 6:30pm-7:30pm



START DATES  
TABATA BOOTCAMP 1/19  
YOGA 1/19  
SELF DEFENSE/MARTIAL ARTS 1/20  
CORE AND MORE 11/25