

**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



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**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