

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

TABATA BOOTCAMP

WEDNESDAY: 5:30PM-6:30PM



SELF DEFENSE AND MARTIAL ARTS

THURSDAY: 11:15AM-12:00PM



YOGA MILD/MODERATE

WEDNESDAY 6:30PM-7:30PM



CORE AND MORE TUESDAY 11:15AM-12:05PM



START DATES

TABATA BOOTCAMP 1/19

YOGA 1/19

SELF DEFENSE/MARTIAL ARTS 1/20

CORE AND MORE 11/25

FOR MORE INFORMATION, VISIT

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