

# **RAIDERS**

## **RAIDERROBICS**

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

### **HIIT**

**WEDNESDAY: 6:30PM-7:30PM**



### **STRENGTH AND STRETCH**

**MONDAY 11:30AM-12:15PM**



### **YOGA**

**MILD/MODERATE**

**WEDNESDAY 5:30PM-6:30PM**



### **START DATES**

**HIIT 1/22**

**YOGA 1/15**

**STRENGTH AND STRETCH 1/13**

**FOR MORE INFORMATION,  
VISIT**

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