

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

YOGA

MILD/MODERATE

WEDNESDAY: 5:30PM-6:30PM



STRENGTH AND STRETCH

MONDAY 11:30AM-12:15PM



START DATES

YOGA 1/22

STRENGTH AND STRETCH 1/13

**FOR MORE INFORMATION,
VISIT**

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