CAMPUS RECREATION
GROUP FITNESS
FACEBOOK LIVE SCHEDULE | MARCH 30 – APRIL 3

MON 3/30

YOGA
12:00 - 12:45PM
Hanna

TUE 3/31

HIIT
12:00 - 12:45PM
Anna

WED 4/1

TOTALLY TONED
12:00 - 12:45PM
Andrew

THU 4/2

YOGA
12:00 - 12:45PM
Kristin

FRI 4/3

ZUMBA
12:00 - 12:45PM
Heber

CONNECT WITH US
@UHRECREATION
#UHFIT #UHREC

JOIN OUR GROUP FITNESS CLASSES LIVE

The Rec is temporarily suspending in-person workouts in the facility thru April 5, but we encourage other forms of activity to support your health and well-being! Tag us when you participate in our remote workouts, challenges, and live group fitness classes. Check our website for more details!