



# CAMPUS RECREATION **GROUP FITNESS**

**INSTAGRAM LIVE SCHEDULE | MARCH 23 – 27**

MON  
3/23

**ZUMBA**  
12:00 - 12:45PM  
Maria

TUE  
3/24

**YOGA**  
12:00 - 12:45PM  
Hanna

WED  
3/25

**BARRE**  
12:00 - 12:45PM  
Breanna

THU  
3/26

**YOGA**  
12:00 - 12:45PM  
Bryce

FRI  
3/27

**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 between March 18 and April 4, 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!