

# WATSON WELLNESS CENTER

## In-Person Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>5:30-6:15am</u> <b>Bootcamp</b> <b>David</b>		<u>5:30-6:15am</u> <b>Bootcamp</b> <b>David</b>	
<u>9:30-10:15am</u> <b>Better Your Body</b> <b>Mike</b>	<u>9:00-10:00am</u> <b>Aqua Fitness</b> <b>Lynn</b>	<u>9:30-10:15am</u> <b>Low Impact Bootcamp</b> <b>David</b>	<u>9:00-10:00am</u> <b>Aqua Fitness</b> <b>Lynn</b>	<u>9:30-10:15am</u> <b>Yoga</b> <b>Megan</b>
<u>5:00-5:45pm</u> <b>Bootcamp</b> <b>Rachel</b>	<u>5:30-6:15pm</u> <b>Butts and Guts</b> <b>Rachel</b>		<u>5:00-5:45pm</u> <b>Yoga</b> <b>Andrea</b>	

All fitness levels are welcome!

In person classes are held in the gymnasium.