

Fall 2013 Class Schedule: 7/29/2013 - 12/13/2013

All classes will be held in Carr Health Dance Studio (2nd level)

No sign-up is required and there is no cost

* Racer Wellness classes are for ALL MSU employees and spouses*

Monday:

Tai Chi (all levels): 11:30am - 12:30pm

Tuesday:

Yoga: 11:00am – 11:45am Zumba: 5:00pm – 6:00pm

Wednesday:

Tai Chi (all levels): 11:30am – 12:30pm

Thursday:

Yoga: 11:00am – 11:45am Zumba: 5:00pm – 6:00pm

Friday:

Tai Chi (advanced): 11:30am - 12:30pm