



RACER WELLNESS

Spring 2019 Class Schedule: 1.14.2019 – 5.10.2019

All classes will be held in Carr Health Room 204-A.

No sign-up is required and there is no cost.

Racer Wellness classes are for ALL MSU employees and spouses.

Monday:

Yoga (*Lynn*): 1:00pm – 1:45pm (Room 204-A)

Zumba (*Chanel*): 5:30pm – 6:30pm (Room 204-A)

Wednesday:

Yoga (*Lynn*): 1:00pm – 1:45pm (Room 204-A)

Thursday:

Zumba (*Trish*): 5:30pm – 6:30pm (Room 204-A)