

METHODIST UNIVERSITY
CAMPUS RECREATION

GROUP FITNESS CLASSES

#FINDYOURFIT

Mondays

Stay Strong *with Wilton*
(Weightlifting)

Tuesdays

Mind Over Mat(ter) *with Mady*
(Yoga)

Wednesdays

Beats! *with Becky*
(Zumba)

Thursdays

Fit 5 *with Sam*
(Small Group Training)

ALL FITNESS LEVELS WELCOME!

Our FREE classes are held in the Nimocks Fitness Center from
5:30 - 6:30 p.m. Monday through Thursday.

No equipment or expertise is necessary to participate.

FALL 2023