

METHODIST UNIVERSITY
CAMPUS RECREATION

GROUP FITNESS CLASSES

#FINDYOURFIT

Mondays

Weightlifting

Stay Strong

with Wilton

Tuesdays

Cardio Kickboxing

Box to the Beat

with Becky

Wednesdays

Zumba

Baile!

with Becky

Thursdays

Boot Camp

Sculpt & Sweat

with Laura

ALL Fitness Levels Welcome!

Our FREE classes are held in the Nimocks Fitness Center from

5:30 - 6:30 p.m.

No equipment or expertise is necessary to participate.

SPRING 2024