

RAIDERS

RAIDERROBICS

OPEN TO ALL STUDENTS, FACULTY AND STAFF

YOGA

MILD/MODERATE

WEDNESDAY: 4:30PM-5:30PM



PILATES

**TIME AND DATE
TO BE ANNOUNCED**



START DATES

YOGA 9/2

PILATES TBA

**FOR MORE INFORMATION,
VISIT**

[HTTPS://WWW.MOUNTUNION.EDU/RECREATION-AND-INTRAMURALS](https://www.mountunion.edu/recreation-and-intramurals)