

PSU FITNESS SPRING BREAK SCHEDULE – AMENDED SCHEDULE –

There will be an amended schedule Friday, March 4th
The following classes will be offered:

FRIDAY 3/4	
8:15-9am Room 6	Fitness Yoga
10-11am Room 6	Full Body Workout
11:15am-12pm Room 6	Butts & Guts
12:10-12:50pm Room 6	Calorie Killer
12:10-12:50 Room 117	Pilates
12:10-12:50 Room 48	Indoor Cycling
12:10-12:50 REC HALL - 151	Fitness Yoga
12:10-12:50 IM BLDG - 124	Full Body Workout
1:30-2:15 Room 6	Total Muscle Challenge
2:30-3:15 Room 6	Fitness Yoga
3:30-4:15 Room 6	Power Remix/Zumba

No regular scheduled fitness classes will be
offered from 3/5 – 3/13.

*We appreciate your continued support, our full fitness
schedule will resume Monday, March 14th.*