

# FALL 2018 GROUP EXERCISE CALENDAR

## MONDAY

Waist Watchers  
12:15pm-1pm

SWIM 101  
4pm-6pm

Shake Your Weight  
530pm-615pm

Grind to Shine  
645pm-730pm

Self Defense  
8pm-845pm

## TUESDAY

Water Aerobics  
830am-930am

Watch your TONE  
1230pm-1pm

Yoga 101  
515pm-615pm

Grind to Shine  
630pm-715pm

Waist Watchers  
730pm-8pm

Muy Thai Cardio  
815pm-9pm

## WEDNESDAY

Grind to Shine  
1215pm-1pm

SWIM 101  
4pm-6pm

Yoga Mix  
515pm-615pm

Shake Your Weight  
630pm-715pm

Waist Watchers  
715pm-745pm

Muy Thai Cardio  
8pm-845pm

## THURSDAY

Grind to Shine  
715am-745am

Water Aerobics  
830am-930am

Watch your TONE  
1230pm-1pm

Yoga 101  
515pm-615pm

Tiger Formation  
7pm-745pm

Get Right..Get FIT  
8pm-845pm

## FRIDAY

Waist Watchers  
12pm-1245pm

Self Defense  
4pm-445pm

More Info: <http://campusrec.tsu.edu/fitness-wellness/fitness-wellness-programs/>