

FALL (2ND HALF) 2026

OCTOBER 19TH - DECEMBER 10TH

SIGN UP HERE:



Community Exercise Outreach

7:00AM - 7:45AM

WEIGHT TRAINING
HREC 230
CIRR + ELISA

CORE TRAINING
WEAVERS OF LOVE- 720 E LEE AVE.
MEL + ELISA

WEIGHT TRAINING
HREC 230
CIRR + ELISA

CORE TRAINING
WEAVERS OF LOVE- 720 E LEE AVE.
MEL + ELISA

NOON - 12:45PM

NOON BURN
SPEC GROUP EX
LANEY + JENNY

1 - 2 STEP AEROBICS
SPEC GROUP EX
LANEY + MEL

NOON BURN
SPEC GROUP EX
LANEY + JENNY

1 - 2 STEP AEROBICS
SPEC GROUP EX
LANEY + MEL

6:00PM - 6:30PM

YOGA
DOUGLASS YOUTH CENTER - 902 S 2ND ST.
ABIGAIL + CARLEY

YOGA
DOUGLASS YOUTH CENTER - 902 S 2ND ST.
ABIGAIL + CARLEY

6:30PM - 7:00PM

PILATES
DOUGLASS YOUTH CENTER - 902 S 2ND ST.
CARLEY + ABIGAIL

PILATES
DOUGLASS YOUTH CENTER - 902 S 2ND ST.
CARLEY + ABIGAIL

6:00PM - 7:00PM

FITNESS WALKING
STUDENT RECREATION CENTER TRACK
LANEY + ARTI

FITNESS WALKING
STUDENT RECREATION CENTER TRACK
LANEY + ARTI

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