

# Winter Break

## GROUP EXERCISE SCHEDULE

*Monday, Dec. 19<sup>th</sup>*

**20/20/20 | Noon-1 pm | Group Ex Studio 1**  
**Boxing | 5:15-6:15 pm | Group Ex Studio 1**

*Tuesday, Dec. 20<sup>th</sup>*

**Yoga Fitness | Noon-1 pm | Mind/Body Studio 1**  
**HIIT | 5:15-6 pm | Group Ex Studio 1**

*Tuesday, Jan. 3<sup>rd</sup>*

**Yoga Fitness | Noon-1 pm | Mind/Body Studio 1**

*Wednesday, Jan. 4<sup>th</sup>*

**Cycle Fitness | Noon-1 pm | Cycle Studio**  
**Yoga Fitness | 5:15-6:15 pm | Mind/Body Studio 1**

*Thursday, Jan. 5<sup>th</sup>*

**Power Yoga | Noon-1 pm | Mind/Body Studio 1**  
**Restorative Yoga | 5:15-6:15 pm | Mind/Body Studio 1**



**UREC**  
JAMES MADISON  
UNIVERSITY RECREATION

\*schedule subject to change