

# JANUARY WELLNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>		6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>		
Afternoon	3p.m-4: 30p.m <b>Power Yoga (Meditation Room)</b>	12:30p.m-1p.m <b>Pickleball Match (Large Group Room) Sign-up</b>	12:15pm-12:45pm <b>Speed Ball Core (Large Group Room) Sign-Up</b>	12:30p.m-1p.m <b>Pickleball Match (Large Group Room) Sign-up</b>		
	5:00p.m-5:45pm <b>Indoor Cycling (Spin Room)</b>	5:00p.m-6: 00p.m <b>Zumba Class (Large Group Room)</b>				
					Email to sign up. <a href="mailto:Wellness@lsuhsc.edu">Wellness@lsuhsc.edu</a> Sign- up: <a href="https://signup.com/go/fOWuHLr">https://signup.com/go/fOWuHLr</a>	

