

Summer Group Exercise Schedule

Core and Stretch

10 min of core, 10 min of stretching

May 18 - June 22

Wednesdays, 12:00 - 12:20



Butts & Guts

June 29 - August 3

Wednesdays, 12:00 - 12:20



Yoga

Mats and props provided

May 18 - August 11

Thursdays, 9:00 - 9:50



Welborn Foundation
Wellness & Fitness Center