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|  |  | **February Wellness Classes** |  |  |
| **Morning**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
|  | **Anna** **6:30 – 7:15 am** **Indoor Cycling** **(Spin Room)**  |  | **Anna** **6:30 – 7:15 am** **Indoor Cycling** **(Spin Room)**  |  |  |
| **Afternoon**  | **Betty Lo****3p.m-4: 30p.m**Power Yoga(MeditationRoom)**Anna**5:00p.m-5:45pmIndoor Cycling(Spin Room) | **Ray****12:30-1p****Intro to Pickleball****(Large Fitness Room) Sign-up****Cristi****5:00pm-6:00pm****Large Group Room****Zumba**  |  | **Ray****12:30-1p****Intro to Pickleball****(Large Fitness Room) Sign-up** |  |  |
|  |  |  |  | Sign up:**Wellness@lsuhsc.edu** |  |