|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **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  (Meditation  Room)  **Anna**  5:00p.m-5:45pm  Indoor 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** |  |