

Wright State University Campus Recreation Virtual Group Fitness Schedule: Fall 2020

Classes will be taught LIVE on Webex.

Classes run from August 24th – November 13th

Monday:

1:30-2:15 PM: Yoga with Tanvi

4:30-5:30 PM: SWERK with Karly

Tuesday:

2:00-2:30 PM: Deep Stretch Yoga with Arian

4:30-5:30 PM: ZUMBA with Karly

6:00-6:45 PM: Circuits with Katie

Wednesday:

4:30-5:15 PM: Circuits with Karly

Thursday:

6:00-6:30 PM: HIIT Cardio with Katie

Friday:

1:30-2:15 PM: Yoga with Tanvi

4:30-5:00 PM: HIIT Cardio with Karly



@WrightStRec

wright.edu/campus-recreation

Fall 2020 Virtual Group Fitness classes are FREE for all WSU Students!

****For a *limited time*, classes will be FREE to all Faculty and Staff****

To access these classes, you will need to sign into imleagues.com

- To log in, search Wright State University and sign in using your W#,
- click on "Fitness and Wellness" tab
- Search and Register for the classes you desire
- Once you have signed up for your class, you will receive an email with the link and password to the Webex room.

If you have any questions, please contact Kara Donbrock, Program Manager for Fitness and Wellness, at:

kara.donbrock@wright.edu