



GET MOVING @WSUREC

MONDAY

Sunrise Yoga
with Wendi • Rm 250
[Join here](#)
7:00 - 8:00 a.m.

Core Luchtime Grind
with Kelly • Rm 258
[Join here](#)
12:00 - 1:00 p.m.

Chest/Tricep/Abs
with Debra
[Join here](#)
12:00 - 1:00 p.m.

Energy Balance Yoga
with Wendi • Rm 250
1:00 - 2:00 p.m.

Strength & Burn
with Tylar
[Join here](#)
2:00 - 3:00 p.m.

Energy Balance Yoga
with Wendi • Rm 250
2:00 - 3:00 p.m.

Rewind & Reset Yoga
with Wendi • Rm 250
3:15 - 4:15 p.m.

Yoga Nidra Meditation
with Ryan • Rm 250
[Join here](#)
7:00 - 7:30 p.m.

Yoga
with Ryan • Rm 250
[Join here](#)
7:30 - 8:30 p.m.

TUESDAY

Sunrise Yoga
with Wendi • Rm 250
7:00 - 8:00 a.m.

Sunrise Yoga
with Wendi • Rm 250
8:00 - 9:00 a.m.

Booty Blast
with Kelly
[Join here](#)
10:00 - 11:00 a.m.

Shoulders/Legs/Abs
with Debra
[Join here](#)
11:00 a.m. - 12:00 p.m.

Core Luchtime Grind
with Kelly
[Join here](#)
12:00 - 1:00 p.m.

Full OUT
with Tylar
[Join here](#)
2:00 - 3:00 p.m.

STRONG
with Carole • Rm 258
[Join here](#)
5:00 - 6:00 p.m.

Cardio Sport
with Kevin • Rm 258
6:30 - 7:30 p.m.

Yoga
with Wendi • Rm 250
[Join here](#)
7:30 - 8:30 p.m.

WEDNESDAY

Sunrise Yoga
with Wendi • Rm 250
[Join here](#)
7:00 - 8:00 a.m.

Core Luchtime Grind
with Kelly • Rm 258
[Join here](#)
12:00 - 1:00 p.m.

Back/Biceps/Abs
with Debra
[Join here](#)
12:00 - 1:00 p.m.

Energy Balance Yoga
with Wendi • Rm 250
1:00 - 2:00 p.m.

Beginner Ballet
with Tylar
[Join here](#)
2:00 - 3:00 p.m.

Energy Balance Yoga
with Wendi • Rm 250
2:15 - 3:15 p.m.

Rewind & Reset Yoga
with Wendi • Rm 250
3:30 - 4:30 p.m.

Yoga Nidra Meditation
with Ryan • Rm 250
[Join here](#)
7:00 - 7:30 p.m.

Yoga
with Ryan • Rm 250
[Join here](#)
7:30 - 8:30 p.m.

THURSDAY

Sunrise Yoga
with Wendi • Rm 250
7:00 - 8:00 a.m.

Sunrise Yoga
with Wendi • Rm 250
8:00 - 9:00 a.m.

Cycle Zone 45
with Angela • Rm 15
8:00 - 8:45 a.m.

Full Body Blast
with Debra
[Join here](#)
10:00 - 11:00 a.m.

Shoulders/Legs/Abs
with Debra
[Join here](#)
11:00 a.m. - 12:00 p.m.

Core Luchtime Grind
with Kelly
[Join here](#)
12:00 - 1:00 p.m.

HardCore
with Tylar
[Join here](#)
2:00 - 3:00 p.m.

STRONG
with Carole • Rm 258
[Join here](#)
5:00 - 6:00 p.m.

Cardio Sport
with Kevin • Rm 258
6:30 - 7:30 p.m.

Yoga
with Wendi • Rm 250
[Join here](#)
7:30 - 8:30 p.m.

FRIDAY

Sunrise Yoga
with Wendi • Rm 250
[Join here](#)
7:00 - 8:00 a.m.

Fast Flow Friday Yoga
with Daja • Rm 250
10:30 - 11:30 a.m.

Twerk it Out
Dance Fitness
with Daja • Rm 250
12:00 - 1:00 p.m.

Chest/Tricep/Abs
with Debra
[Join here](#)
12:00 - 1:00 p.m.

Groove Theory
with Tylar
[Join here](#)
2:00 - 3:00 p.m.

SATURDAY

Cardio Sport
with Kevin • Rm 258
12:15 - 1:15 p.m.

SUNDAY

Rewind & Reset Yoga
with Wendi
[Join here](#)
10:15 - 11:15 a.m.

Self-Care Sunday Yoga
with Daja • Rm 250
12:00 - 1:00 p.m.

Fall 2021 Fitness Schedule

Classes currently running through Zoom & in person at The Mort Harris RFC

YOUR PRESENCE MATTERS! HELP KEEP YOUR FAVORITE CLASSES ON THE SCHEDULE WITH REGULAR ATTENDANCE.

Don't risk losing your favorite class. If you love it, share that with others, invite friends/roommates, post about it and help promote your favorite class(es). Email Carole.Gist@wayne.edu with class suggestions and ideas.



WAYNE STATE UNIVERSITY
Department of Athletics
Mort Harris Recreation & Fitness Center

Schedule is subject to change
Updated 11/15/21

Indicates in-person and virtual.

Indicates virtual.

For virtual only classes check out RFC.WAYNE.EDU/ACTIVITYATHOME