

RAC CLASSES



Mason Rec RAC Yoga and Pilates Schedule Spring 2016

Free Week: January 19 – February 1

Classes Run January 19-May 7

No Classes February 15, March 7- March 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:30pm						<u>Yoga</u> Lourdes/ Ashley
12:00-1:00pm	<u>Yoga</u> Lourdes	*Martial Arts Room* <u>Pilates</u> Noki	<u>Yoga</u> Liz	*Martial Arts Room* <u>Pilates</u> Noki	<u>Yoga</u> Jennifer	
5:30-6:30pm	<u>Yoga</u> Gwen	<u>Yoga/Pilates Fusion</u> Christie	<u>Pilates</u> Noki	<u>Yoga/Pilates Fusion</u> Christie		
6:45-7:45pm	<u>Yoga</u> Gwen	<u>Yoga</u> Ashley	<u>Pilates with Props</u> Noki	<u>Yoga</u> Ashley		

All Classes take place in RAC Multipurpose Room #4 (Yoga/Pilates Room) unless labeled otherwise noted

Gold Pass- Student \$50/Semester

Gold Pass- Non-Student \$70/Semester

Drop-in Fee \$8