**WINTER BREAK 2021 GROUP FITNESS SCHEDULE**

December 13th - 17th | Register on the OleMissCR app

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**MONDAY**
- 12:30 PM
  - EXP CYCLE
  - SCRC 208
- 5:15 PM
  - MEDITATION YOGA
  - SCRC 210

**TUESDAY**
- 12:30 PM
  - PILATES
  - SCRC 210
- 5:15 PM
  - MEDITATION YOGA
  - SCRC 210

**WEDNESDAY**
- 12:30 PM
  - TOTAL BODY
  - SCRC 209

**THURSDAY**
- 12:30 PM
  - POWER YOGA
  - SCRC 210

**FIT PASS OPTIONS**

**STUDENTS**
- $20 Semester Pass
- $5 One Time Pass

**CR MEMBERS**
- Included in 6 & 12 month memberships, 3 month membership can purchase a semester pass.
- Fac/Staff Fit pass only membership available.

No classes 12/18 - 1/2/21

- Express formats (EXP) are 30 minutes. Other formats are 45 minutes.
- Registration opens the day before and will remain open until the class time or the class is full.
- Please arrive 5 to 10 minutes prior to check in to assure you get your reserved class spot.
- Yoga and fitness mats will be provided. It is recommended to bring your own yoga or fitness mat, water bottle and sweat towel to classes. Sweat towels not provided.