



RACER WELLNESS

Spring 2020 Class Schedule: 1.21.2020 – 5.29.2020

All classes will be held in Carr Health Dance Studio.

No sign-up is required and there is no cost.

Racer Wellness classes are for ALL MSU employees and spouses.

Tuesday:

Yoga (Zack): 2:00pm – 2:45pm

Friday:

Yoga (Zack): 1:00pm – 1:45pm