WOW Schedule
Summer ‘22: June 6th – August 1st

M
Lobo Cycling
7:15-8:15 am
Cycling Room
Sampson Owusu

Aqua Jogging
12-1 pm
Olympic Pool
Marty Martinez

Circuit Trng
12-1 pm
Func. Training
Dante Boeglin

Yoga
12-1 pm
Fitness Room
Alisha Ray

TRX
12-1 pm
Fitness Room
Adriana Lucero

Core
12-1 pm
Dance Room
Sampson Owusu

Soul Fusion
5:30-6:30 pm
Dance Room
Tiffany Rawls

T
Yoga
7:15-8:15 am
Fitness Room
Sampson Owusu

Circuit Trng
12-1 pm
Func. Training
Dante Boeglin

Pilates
12-1 pm
Dance Room
Alisha Ray

Core
12-1 pm
Dance Room
Sampson Owusu

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Cycling Room
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Dance Room
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<- Scan for Registration!
*Tuition Remission Eligible*
*Locations and Classes are Subject to Change*