

# 30 FOR 30

Join our new Group Fitness summer program at the St. Paul gym that includes 30 sessions for \$30.

Choose from a weekly Strength or Mind-Body track:

**STRENGTH TRACK (M, W, F 12-1pm)**

Monday: HIIT with Sarah

Wednesday: Total Body Strength with Sam

Friday: Yoga Sculpt with Bonnie

**MIND-BODY TRACK (M, W, Th 5:30-6:30pm)**

Monday: Zumba with Evgeniya

Wednesday: Pilates with Ginny

Thursday: Yoga with Kristin

More info at [www.recwell.umn.edu/groupfitness](http://www.recwell.umn.edu/groupfitness)