### Yoga Flow

**w/ Sarah S**

**Studio**

60 min

#### Schedule

- **8:30am**
- **5:00pm**

### HIIT

**w/ Sydney R**

**Studio**

60 min

#### Schedule

- **8:30am**
- **5:00pm**

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**Before going to class:**

1. **Find a class you love and register for it on shoprecwell.umn.edu**

2. **Show up 5-10 minutes before your class begins.**

   **Start sweating and have fun!**

   - **Q:** What should I bring?
   - **A:** Just a water bottle! All equipment is supplied by your teacher.