## WCU CAMPUS RECREATION

## FINISH THE SEMESTER STRONG WITH VIRTUAL FITNESS CLASSES!

SIGN UP ON IMLEAGUES.COM

11/30 @ 5PM:

**Barre with Kristin** 

12/1 @ 4PM:

**Arms & Abs with Cierra** 

12/2 @ 10AM:

**HIIT with Natty** 

12/3 @ 5PM:

**Grit Cardio with Andrea** 

12/4 @ 10AM:

**HIIT with Natty** 

12/7 @ 5PM:

**Barre with Kristin** 

12/8 @ 1PM:

**Barre with Kristin** 

12/8 @ 4PM:

**Arms & Abs with Cierra** 

12/9 @10AM:

**HIIT with Natty** 

12/10 @ 12PM:

**Barre with Kristin** 

12/10 @ 5PM:

**Grit Cardio with Andrea** 

