

# Group Fitness Schedule

Spring  
2019

## MONDAYS

Vinyasa Flow Yoga

12-1pm

Arvada  
Yoga Studio

## WEDNESDAYS

Yin Yoga

12-1pm

Arvada  
Yoga Studio

*All classes are free to fee-paying students/faculty/staff. Classes are held in the Arvada Yoga Studio. Classes are subject to change or cancel. Check the website for the live calendar of the schedule.*

[RRCC.EDU/SRC/GROUP-FITNESS](http://RRCC.EDU/SRC/GROUP-FITNESS)

  
**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER