



Evan Humbert Fitness Center



Class Schedule
Sept. 3rd–Dec. 5th



Chair Yoga

Mon/Wed

12:00 pm – 12:30 pm

Yoga

Wed.

5:30 pm – 6:30 pm

Functional Fitness

Tue/Thur

5:00 pm – 5:45 pm

laurelridge.edu/fitness/



Student Union Building Rooms 217, 218

