

RICE RECREATION CENTER - FALL 2021

MIND & BODY

	MON	TUES	WEDS	THURS	FRI
8:30 - 9:45 AM	STRENGTH & MOBILITY FLOW (V)		STRENGTH & MOBILITY FLOW (V)		STRENGTH & MOBILITY FLOW (V)
9:00 - 10:00 AM		CORE CONNECTION (V)		CORE CONNECTION (V)	
12:00 - 1:00 PM 12:00 - 1:15 PM	FORREST INSPIRED FLOW (H)	POWER FLOW (H)	FORREST INSPIRED FLOW (H) 12:00 - 1:15 PM	SLOW RESTORATIVE FLOW (H) 12:00 - 1:15 PM	PILATES (H)
5:30 - 6:30 PM		YIN YOGA		YIN YOGA	POWER FLOW
7:00 - 8:00 PM	ACRO YOGA		<p>FALL SCHEDULE RUNS AUGUST 25 - DECEMBER 17</p> <p>Classes will NOT be held: Sept. 6, Oct. 11-12, Nov. 24-26</p>		

THE FIRST TWO WEEKS OF CLASSES ARE FREE (THROUGH SEPT. 3)

**IN-PERSON CLASSES ARE HELD IN MPR-3
(V) = VIRTUAL CLASSES
(H) = HYBRID CLASSES
CLASS DESCRIPTIONS AT:
RECREATION.RICE.EDU/MIND-BODY**