

MUve it Marshall!

*June 4th
through
August 5th*

Weekly Schedule

Monday-Wednesday

Start by picking up a campus map in the lobby and walk the various routes.

*50 RecReward points per walk (Members Only), other prizes available for Non-Members.

Thursday

Fitness Classes at various campus locations.

*See back for full schedule.

Friday

Free Family Day for all MU Faculty/Staff & family to come in and use the Rec.

*Must present MU ID.

Remember to log your walks at the Welcome Desk! Prizes will be announced at the end of the summer program.



Thursday

FREE Fitness Class Rotation

All classes will take place from 12:15pm-12:45pm

June 7th

Student Center (MARCOS) - Zumba

June 14th

Drinko Library (3rd Floor Atrium) - Yoga

June 21st

Old Main (Room 324) - CUT (bodyweight only class)

June 28th

Corbly Hall (Room 333) - Locomotion (low impact cardio and strength class)

July 5th

Smith Hall (Room 433) - Zumba

July 19th

Student Center Plaza - CUT (bodyweight only class)

July 26th

Drinko Library (3rd Floor Atrium) - Locomotion (low impact cardio and strength class)

August 2nd

Old Main (Room 324) - Zumba

Every Friday, June 4th - August 5th, MUve (cardio dance fitness) will be held at the Marshall Rec Center from 12:15pm-12:45pm in Studio B.

* Class locations subject to change. For updated information please call the Rec at 304.696.4732 or visit www.marshall.edu/campusrec

