

# St. John's Campus Rec October Fitness Class Schedule

Classes will run from September 28 - October 30

## Virtual Classes

Register via Webex

Mondays @ 12pm

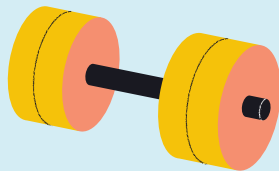
Yoga with Grace

Thursdays @ 5pm

Total Body Sculpt with  
Agnes

Fridays @ 10am

Zumba with Jen



## Outdoor Classes

Register via IMLeagues.com

Mondays @ 5pm

Butt & Gut with Agnes

Wednesdays @ 4pm

Zumba with Jen

Wednesdays @ 5pm

Butt & Gut with Agnes

Thursdays @ 11am

Yoga with Theresa

Registration links can be found in our bio!

For more information contact Dorothy Longworth at [longword@stjohns.edu](mailto:longword@stjohns.edu)