



YOGA & ZUMBA IN THE TOWER

Participate in Yoga & Zumba for 25 points each time you attend!*

Zumba

Mondays 330-430

Yoga

Mondays 230-330

Tuesdays 330-430

Wednesdays 330-430

Thursdays 330-430

Fridays 115-215

*As with other non-work activities, please check with your supervisor about adjusting your lunch break to attend these events. These classes are paid for by Student Fees. Staff are welcome to join as long as there is room available for all interested students to participate.