

# Commit To Be Fit!

**Spring 2021 Fitness Classes**

**@WPRec Instagram Live**

**Yoga w/Jill**

**Sundays, 6:30pm**

**Kickboxing w/Barry**

**Mondays, 3:45pm**

**Yoga w/Mandy**

**Mondays, 6:00pm**

<https://www.youtube.com/channel/UCM349UlbCm-FBjldclmrCQ>

**Strong Nation w/Katonya**

**Wednesdays, 3:45pm**

**HIIT w/Erin**

**Thursdays, 12:00pm**

**IGTV @WPRec**

