

Staff Exercise Classes

Yoga Tuesdays

MRIS Library 3:15 pm

Yoga Wednesdays

MJHS Auditorium 3:45 pm

HIIT Thursdays

SHE Gym 3:15 pm

FREE to ALL MCS Employees

**No sign up required — just bring
yourself and a mat!**

**Contact heather.ledbetter@maryville-schools.org
with questions.**