

Still time to add a PEA 180 activity class .

Anyone still looking to fill in their fall term schedule with a PEA activity class please add one or both of these classes.

PEA 180-1 indoor cycling class. Fun for everyone. Follow a periodized training program for all levels.

Offered on M-W 12:30-1:20

PEA 180-4 Pilates/Yoga . A blending of two amazing practices. All levels welcome. Find the perfect mix of mind, body, and movement to create a balance in anyone's movement journey.

Offered on M-W 1:30 - 2:20

Both of these classes are held in the beautiful rec center here on campus.

Cycling studio 2 and studio 1, upstairs.

Both classes instructed by Jodi Marthaller