



WHAT'S NOW, NEW AND NEXT AT SOUTHERN OREGON UNIVERSITY

Fall Fitness classes , register by 9/17.

It's go time... Fall term is approaching. Please remember to register by 9/17 for Your PEA classes,

PEA 180 1 12:30-1:20 cycling.

PEA 180 4 1:30-2:20 Pilates/Yoga

PEA 180 5 11:30-12:20 weight lifting

These Programs are a must for anyone...enjoy the beautiful REC center while participating in body and mind workouts, and wellness.

Instructor: Jodi Marthaller