

## **Fall term fitness classes....**

Begin your fall term with some awesome fitness classes...

PE 180 cycle /spin crn1680 MW 12:30-1:20.. , PE 180 Pilates/Yoga crn 1687 MW 1:30-2:20 ..., PE 180 Weight lifting crn 1688 TTh 11:30 -12:20.

Enjoy the beautiful rec center hosted classes as you begin or continue your fitness journey. Motivational, encouraging, welcoming atmosphere. There is something for everyone. All levels honored.

Taught by Jodi Marthaller HPEA