



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

Spring term fitness classes... great opportunities

Make sure to leave room in your academic schedule for three awesome classes to bring a positive energy into your Spring term .

MW cycling 12:30-1:20 CRN 6784, fun team atmosphere, all levels welcome... be a better cyclist one class at a time... fun music and party lights.

MW Pilates/ yoga 1:30-2:20 CRN 6790 , a beautiful fusion of two amazing disciplines. Combining the use of movement, strength, balance, and core integrity. Create the relationship of the mind and the body.

All levels welcome.

TTH weight lifting 11:30-12:20 CRN 6791 , find your balance of functional strength and fitness in an encouraging atmosphere. Use of several modes of movement , exercise techniques , and proper use of the rec center equipment.. All levels welcome.. be ready to get inspired.

All classes taught by Jodi Marthaller