



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

Winter term 2026 activity classes .

Winter term 2026 HPEA classes not to be missed...

MW 12:30 indoor cycling class

MW 1:30 Pilates /Yoga

TTh 11:30 weight lifting

Motivating, fun, great community atmosphere, these classes will leave you feeling amazing, while you

Enjoy learning about exercise in three great venues..

Taught by Jodi Marthaller