

Start the new year and term with 3 great classes

Make sure to leave room in your Winter term schedule for 3 great fitness classes that will invigorate your fitness goals and can be for any level of training that you are currently at.

Cycling CRN 4304 MW 12:30.. for all levels, fun and inspiring. Great party atmosphere as you ride your way to feeling great.

Pilates/Yoga CRN 4310 MW 1:30 .. for all levels, a fusion of two awesome practices. Bringing your mobility and core together to create a positive connection to movement.

Weight training CRN 4311 TTh 11:30..all levels, experience the most current cross training and functional training exercises while keeping traditional weight training as well. This class covers it all. Motivating and encouraging.

Taught by Jodi Marthaller