

## **Get your cross training on spring term.**

Get signed up for weight lifting spring term ! CRN 6463, offered on Tuesday and Thursday 11:30-12:20.

Explore the many facets of cross training, including , balance, essential mobility and movements paterns, the benefits of the rec center weight room as well as outdoor activities.

Come from where ever you are on your fitness journey. Skills for a lifetime. Functional, fun, fitness.

Taught by Jodi Marthaller