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

Fitness classes to add to your winter term .

Save room on your winter term schedule to register for your fitness journey 2027.

PEA. 180-1- cycle / spin. M-W 12:30-1:20

Great way to get your term started. Endurance, strength, and power. Anatomy meets physiology with fantastic results. Real cycling brought inside.

PEA 180-5- weight lifting. T-Th 11:30-12:20

From functional strength training, to traditional machine circuit training , add in active mobility, cardiovascular training, and this class gives each student their own unique approach to training and accomplishing their personal goals.

PEA 180-4- Yoga/Pilates M-W 1:30-2:20

A fusion of two beautiful practices to bring motivation to the mobility, core strength, and balance of energy to each student. Find your pathway to success in this course…. You will feel amazing.

All classes taught by Jodi Marthaller