

Winter term PE classes not to missed...

Make sure to leave room in your winter term schedule for some great activity classes coming up in 2026.

CRN 3872 is cycling, offered Mondays and Wednesdays at 12:30 -1:20. This is a fun energy filled class, leaving you feeling great, and accomplished. All levels

CRN 3878 Yoga /Pilates, offered on Monday's and Wednesdays , 1:30-2:20. A beautiful fusion of two mind body Practices that will encourage mobility,strength, balance and breath work. All levels

CRN 3879 Weight Lifting, offered on Tuesdays and Thursdays at 11:30-12:20

Get the current information on functional strength, weight training, periodization , and how to personalize your fitness goals and journey. All levels

All classes are held in the beautiful REC Center

Taught by Jodi Marthaller