

FITNESS CLASSES FALL 2009	Location	Day/Time	Price	Additional Information
Belly Dance	Room PE #107	F 6:00-7:00	\$ 20.00	Isabel's Traditional Intermediate
Belly Dance	Room PE #107	F 4:15-5:15	\$ 20.00	Jennifer's Tribal & Fusion Belly Dance
Core, Legs, & Abs	Room PE #88	M/W 6:30-7:30	\$ 20.00	
CrossTrain	Room PE #106	T/Th 12:00-1:00	\$ 40.00	
CrossTrain	Room PE #88	M/W 5:15-6:15	\$ 40.00	
Hip Hop	Room PE #107	T 8:00-9:30	\$ 20.00	
Karate Fitness	Room PE #60	T 6:00-8:00	\$ 15.00	
Pilates	Room PE #64	Th 12:00-1:00	\$ 20.00	Diana's - 2 Class Discount
Polynesian Hula	Room PE #107	F 3:00-4:15	\$ 20.00	
Rowbics	Room PE #88	M/W 12:00-1:00	\$ 60.00	
Rowbics	Room PE #88	T/Th 5:30-6:30	\$ 60.00	
Stretch & Relax	Room PE #107	W 12:10-12:50	\$ 20.00	Starts the week of September 21
Tai Chi	Room PE #88	Th 4:00-5:15	\$ 20.00	
Yoga	Room PE #107	Th 6:00-7:15	\$ 40.00	Starts the week of September 21
Yogalates	Room PE #107	M 12:00-1:00	\$ 20.00	Diana's - 2 Class Discount

Classes start the week of September 14th

Diana's 2 Class Discount - Take Pilates & Yogalates for a combined total of only \$30.00

All Classes are p.m.

Individual Flyers are posted outside the Club Sports & Recreation Office | PE20A | 562.985.2570