SPRING FITNESS CLASSES

MONDAYS
3/24, 4/7, 4/14

ZUMBA
6pm - 7pm

SALSA
7:15pm - 8:15pm

TUESDAYS
3/25, 4/8, 4/15

VINYASA YOGA
6pm - 7pm

SELF-DEFENSE
7:15pm - 8:15pm

WEDNESDAYS
4/2, 4/9, 4/16

WOMEN'S ONLY ZUMBA
6pm - 7pm

GENTLE YOGA
7:15pm - 8:15pm

THURSDAYS
3/27, 4/17

GENTLE YOGA
6pm - 7pm

VINYASA YOGA
7:15pm - 8:15pm

ALL CLASSES WILL BE OFFERED IN LOWER LEVEL OF HERMAN HALL IN THE FC TRUSTEE DINING ROOM

NO PREVIOUS EXPERIENCE IS NECESSARY TO PARTICIPATE. PLEASE SEE OUR WEBSITE FOR CLASS DESCRIPTIONS.

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