

Body & Core Strength

When: Mondays, 12:15-12:45 pm;
Feb. 23 - May 11,

Where: See website

Cost: \$ 20

Minimum Enrollment: 12

Walk Live

When: Tuesdays, 12:15-12:45 pm;
Feb. 17 - May 12,

Where: See website

Cost: \$ 20

Minimum Enrollment: 12



Spring Wellness 2015

Water Aerobics

When: Wednesdays, 5:15-5:50 pm;
Feb. 18 - May 13
No class Mar. 25

Where: Pool

Cost: \$ 20

Minimum Enrollment: 12

Meditation

When: Fridays, 12:15-12:45 pm;
Feb. 20 - May 15
No class Mar. 27 and Apr. 3

Where: Trinity Fireside Room

Cost: Free

Yoga

When: Thursdays, 12:15-12:45 pm;
Feb. 19 - Apr. 30

Where: Columbia Center

Cost: \$ 15

Minimum Enrollment: 12



To RSVP or for more information, including class descriptions, please visit www.plu.edu/humr

Only one flyer is being distributed per department, so please help us by posting this for everyone to see.