



# SUMMER WELLNESS 2015



**Session 1 — June 1 to July 1**  
**Time: 12:15-12:45pm**

◆ Step It Up ◆  
When: Mondays

◆ Jazzercise Fusion ◆  
When: Tuesdays

◆ Core Fitness ◆  
When: Wednesdays

**Boot Camp — July 13, 14, 15 and 16**  
**Time: 5:15-6:00pm**  
**Free to participate**

**Session 2 — July 21 to August 20**  
**Time: 12:15-12:45pm**

◆ Yoga ◆  
When: Tuesdays

◆ Strength & Conditioning ◆  
When: Wednesdays

◆ Cardio Tone ◆  
When: Thursdays

**All classes are \$10 each,  
or take all three in a session for \$25.**

**Minimum enrollment for all classes is 12.**

**To sign up or for more information, including  
descriptions, please visit [www.plu.edu/humr](http://www.plu.edu/humr)**

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