



# FALL FITNESS

## Tai Chi

When: Thursdays, Sept. 17 - Dec. 17;  
No class Nov. 26th  
13 sessions  
Time: 12:10pm - 12:50pm  
Location: TBD  
Cost: Free  
Instructor: Sid Olufs

## Weight Watchers

When: Mondays, Sept. 14 - Dec. 14;  
14 sessions  
Time: 12:30pm - 1:00pm  
Location: See HR website  
Cost: \$156; PLU will reimburse \$100\*  
Minimum Enrollment: 15

\*See Weight Watchers flyer or call HR for details

## Fit Club

When: Tuesdays, Sept. 15 - Dec. 15;  
14 sessions  
Time: 5:15pm - 6:15pm  
Location: Names Fitness Center Lobby  
Cost: \$28.00  
Instructor: Allison Stephens  
Minimum Enrollment: 15

## Yoga/Pilates

When: Tuesdays, Sept. 15 - Dec. 15;  
14 sessions  
Time: 12:00pm - 1:00pm  
Location: Regency Room  
Cost: \$28.00  
Instructor: Allison Pagano  
Minimum Enrollment: 20

Don't forget your yoga mat!

## Zumba

When: Thursdays, Sept. 17 - Dec. 17;  
No class Nov. 26th  
13 sessions  
Time: 5:15pm - 6:15pm  
Location: See HR website  
Cost: \$26.00  
Instructor: Allison Pagano  
Minimum Enrollment: 20



RSVP for all programs by calling Human Resources at x7185.

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

