



Spring Fitness

Sponsored by Human Resources

Sign-up
Now!

Spin Class

All fitness levels welcome! *Water bottle required.*



Dates: *Session 1:* Feb 11-April 3
Session 2: April 7 - May 29

When: Mondays & Thursdays

Time: 5:15 – 6:00pm

Cost: \$27 per session,
\$50 for both sessions

Location: Memorial Gym

Instructor: Allison Stephens

Space is limited, call HR at x7185 to reserve your spot!
Minimum enrollment of 5. Payment due to HR by first class.

Introduction to Yoga

When: One time class on
Thursday, Feb 14

Time: 12:30 - 1:30pm

Cost: FREE!

Location: UC 133

Instructor: Elizabeth Johnson,
Elizabeth's Holistic Health



Please call HR at x7185 to sign-up.
RSVP encouraged, but not required.

Tai Chi Class

Can't make it every Tuesday? Come join in for any class!
You can attend all sessions or drop-in when you can!



Dates: Feb 12 - May 13;
No class on March 25

When: Tuesdays

Time: 12:05 - 12:45pm

Cost: FREE!

Location: UC, Regency Rm

Exceptions: Feb 12 - UC, CK East
April 8 & 15 - UC 133

Instructor: Sid Olufs,
Tai Chi and Qigong Wellness

Designed for people who have never
studied Tai Chi with a teacher.

Please call HR at x7185 to sign-up. RSVP encouraged, but not required.