



Fall 2009 **Yoga & Pilates Classes**

All Classes Open for Students, Faculty and Staff

- All levels of experience are welcome at all classes
- Equipment provided
- Classes for “yoga newbies” or those who want a yoga refresher

Location: Classes will return to Campus Health Services Multipurpose Room by early October. In the meantime...morning, noon and afternoon classes are in Lutz Hall, Room 320. The 3 evening classes are in Crawford Gym.

Cost: \$40 per semester Intramural Group Fitness fee
Pay in SAC Intramural Office E102

Fall Schedule: September – November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga – Susan 9 -10 am		Yoga - Susan 9 -10 am		
Pilates - Anne 12:15 - 1 pm		Yoga - Jeanne 12:00 – 1 pm		Yoga – Zelda 12:00 – 1:00
	Newbie Yoga– Susan 4–5 pm Starts Sept 15		Newbie Yoga Zelda 4-5 pm Starts Sept 17	
Yoga – Matt 5:15 – 6:15 pm		Yoga-Matt 5:15–6:15 pm	Pilates-Virginia 5:15 – 6:15 pm	

- Classes begin: September 8, 2009
- No Classes: Fall Break October 12-13 and Thanksgiving November 25-27
- Classes End: Friday December 4, 2009

Provided by Collaboration between...
Intramural & Recreational Sports: 852-6707
Campus Health Services/CHS: 852-1914
Get Healthy Now: 852-7755