

Fall '19 FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 7:30am		Hope Yoga		Sports Yoga	Body Combat
12:10–12:50pm			Water Aerobics		Water Aerobics
12:10 – 1:00pm	Circuit Bootcamp (12:10 – 12:40pm)		Circuit Bootcamp (12:10 – 12:40pm)		Power Flow Yoga
4:15 – 5:15pm		Zumba		Zumba	
5:30 – 6:30pm	Applied Self-Defense	Body Pump	Pump & Shred	Body Pump	
6:30 – 7:30pm	Learn to Swing Dance (6:30 – 7:30pm) Swing Social (7:30 – 8:30pm)	Weight Training 101		Weight Training 101	
6:45 – 7:45pm		Body Combat			
7:30 – 8:30pm				Core De Force	

All classes are FREE to Students

LETU employees and guests may purchase a class punch card at the Solheim Center's front desk

- 1 class \$3
- 10 classes \$30
- 20 classes \$50
- 30 classes \$70

LETU FIT

