

# FALL '18 FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 7:30am				Power Flow Yoga	Body Combat
12:10–1:00pm	Body Pump	Hope Yoga	P90X/INSANITY Combo (ends at 12:45p)		Power Flow Yoga
12:10 – 12:50pm	Aqua Bootcamp (ends at 12:40)		Water Aerobics		Water Aerobics
4:15 – 5:15pm		Zumba	Sports Yoga	Zumba	
5:30 – 6:30pm	Hope Yoga	Body Pump		Body Pump	
5:45 – 6:45pm			Body Combat		
7:45 – 8:45pm				Sports Yoga	

## 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**

