



# GROUP EXERCISE CLASSES



Fall '09

**YOGA:** Mondays 5:45~6:45pm  
Tuesdays 5~6pm or  
Wednesdays 12~1:45pm

**\*\*You may only attend one yoga class per week, unless you pay the \$75 or \$100 to attend 2 or 3\*\***

**Cardio Sculpt:** Tuesdays 4~5pm

**Water Aerobics:** Wednesdays 12N (class takes place in Maguire Pool)

**Latin Dance:** Thursdays 5pm

**Hip~Hop Dance:** Fridays 4pm

- Classes take place in the Sports Complex on Maguire Campus & begin September 21.
- Cost is \$50 (\$75 for 2 (i.e Aerobics & Yoga)).
- Register in Sports Complex on Maguire campus with Mary Beth, Monday-Friday 9am to 5pm.
- Registration begins August 31 and ends September 18.
- You must pay at time of Registration.
- For more information on any of these programs contact Kelly ([khalpin@sju.edu](mailto:khalpin@sju.edu) or call x1533.)