

Winter Quarter FITNESS CHALLENGE

January - March 2019

Dont miss this chance to try out new ways to improve your routine, free of charge! Every class has an experienced instructor for each week. Every time you attend, you get one raffle ticket to enter for a chance to win a \$300 Fred Meyers gift card! No prior experience or connections necessary, we always want to see new faces.

WEEK 1 SPIN		WEEK 2 OLY LIFTING TECHNIQUE		WEEK 3 BARRE CLASS	
Monday 3:00-4:00 pm	Gym 210	Monday 11am-12pm	Gym 113	Monday 12:30-1:30pm	Gym
Wednesday 3:00-4:00 pm	1/14-1/18	Wednesday 12:00-1:00pm	1/21-1/25	Wednesday 12:30-1:30pm	1/28-2/1
Friday 3:00-4:00 pm	With Jill Isaacson	Friday 1:00-2:00pm	With Jarad Miller	Friday 12:30-1:30pm	With Elizabeth McMullen
WEEK 4 YOGA/PILATES		WEEK 5 NIA FIT		WEEK 6 CREATIVE MOVEMENT	
Monday 1:00-200pm	Gym	Monday 8:15-9:15am	Gym 210	Monday 8:15-9:15am	Gym 210
Wednesday 1:00-200pm	2/4-2/8	Wednesday 8:15-9:15am	2/11-2/15	Wednesday 8:15-9:15am	2/18-2/22
Friday 1:00-200pm	With Carrie Skerbeck	Friday 8:15-9:15am	With Barb Sudar	Friday 8:15-9:15am	With Barb Sudar
WEEK 7 FIT STATIONS		WEEK 8 ROCK CLIMBING		PRIZE AT THE FINISH	
Monday 12:30-1:30pm	Gym 210	Monday 11:00-12:00pm	Gym 113	Attend more classes to enter a raffle and win a \$300 Fred Meyers Gift card!	
Wednesday 12:30-1:30pm	2/25-3/1	Wednesday 12:00-1:00pm	3/4-3/8		
Friday 12:30-1:30pm	With Elena Ross	Friday 1:00-2:00pm	With Jarad Miller		