



## Fall Wellness Classes 2017

*Aqua Bootcamp (water aerobics) 5-6pm in pool <sup>Session</sup>*

*#1 9/11-10/4 Monday and Wednesday*

*Session #2 10/9-11/2 Monday & Wednesdays*

Cost for each session is \$75(\$30 for FFL and RCC)

*Gentle Yoga 5:30-6:30 at Cougar Crossing*

*Session #1 9/12-10/5 Tuesday and Thursdays*

*Session #2 10/9-11/9 Tuesday and Thursdays*

Cost for each session \$75 (\$30 for FFL and RCC)

Contact Anna Rinehart at 422-6229, Peggy Ward 422-1418 or Kenzi Hull at 422-1258

By September 1<sup>st</sup> Classes need 5 students to make

**GROUP FITNESS IS GREAT FOR ACCOUNTABILITY!**