Fall into Fitness at Redlands Community College

“Wellness Longevity Classes”

August 17th-September 10th

Water Aerobics MW 5-5:45pm PE 28 Course # 7013
Zumba Gold TH 12-12:45pm CC104 Course # 7014
Restorative Yoga TH 6-6:45pm CC104 Course # 7015
Body Sculpting MW 12-12:45pm CC104 Course # 7016

September 14th-October 9th

Water Aerobics MW 5-5:45pm PE 28 Course # 7017
Zumba Gold TH 12-12:45pm CC104 Course # 7018
Restorative Yoga TH 6-6:45pm CC104 Course # 7019
Body Sculpting MW 12-12:45pm CC104 Course # 7020

October 19th-November 13th

Water Aerobics MW 5-5:45pm PE 28 Course # 7021
Zumba Gold TH 12-12:45pm CC104 Course # 7022
Restorative Yoga TH 6-6:45pm CC104 Course #7023
Body Sculpting MW 12-12:45pm CC104 Course #7024

Cost $75 ($30 for Redlands FFL, Staff and Students)

Contact Anna Rinehart at 422-6229 or
Kenzi Hull at 422-1258 to enroll

Call today…Classes need 5 students to be offered.