



FITNESS

(June-August) **Stroll down to view endless possibilities!**



DROP-IN WORKOUT

Get moving and get in shape. Bring your personal workout DVDs and kick start a healthy beginning. Bring a friend and/or meet new friends!

Location: Southern Comm. Ctr.
Activity #: 532776

Age	Day	Time	Date	Sec	Fee
18+	M,W,F	11:00A-12:00P	6/12-7/28	A	Free
18+	M,W,F	4:30-5:15P	6/12-7/28	B	Free

NO GYM WORKOUT

Join others for a fun, non-instructional workout. Exercise with no equipment! Explore workout stations! Meet new people and work at your own pace, in a non-gym environment. Enjoy a casual and fun way of getting in shape and/or staying fit.

Location: Southern Comm. Ctr.
Activity #: 532402

Age	Day	Time	Date	Sec	Fee
18+	Tu, Th	10:00-11:00A	6/13-7/27*	A	Free
18+	Tu, Th	12:00-1:00P	6/13-7/27*	B	Free



*No Class: 7/4