CrossTrain

T/Th 12:00-1:00pm & T/Th 5:15-6:15pm
* Conditioning & strength building program combining cardio & weights.
* Quickly melt fat, increase aerobic capacity, & strength.
  *No experience necessary. Designed to be scaled to an individuals physical needs & abilities.
  * A circuit training workout

Deep Water Aerobics

M/W/F 12:00-1:00pm
M/Th 6:30-7:30pm & Saturday 8:00-9:00am
Faculty and Staff: $45 per month or $10 per class
Community Members: $50 per month or $10 per class
Can start any time. Located at the pool.
  *On-going monthly.

Shallow Water Aerobics

T/Th 12:00-1:00pm
$20 per month or $4 per class
Can start anytime. Located at the pool.
  *On-going monthly.

Pilates

M/W 12:00-1:00pm
Faculty and Staff: $20 per month or $4 per class
Can start anytime. Located in PE 64.
  *On-going monthly.

Stretch & Relax

M/W 12:10-12:50pm
Fitness class that increases flexibility, create balance and relaxation, and alleviate stress and tension.

Hatha Yoga

Tuesday 5:30-6:45pm
Hatha yoga attempts to balance the mind and body via physical exercises, controlled breathing, and the calming of the mind through relaxation and meditation.

Belly Dancing

Friday 5:00-6:00pm
Through exercise and choreographed dance moves, participants will be taught basic technique and posture that will improve muscle tone and endurance.

Rowbics

Call for Schedules & Information
NEW! Cardio and strength exercise using Concept 2 rowing machines. Increases endurance and builds muscle.

Beach Striders

Call for Schedules & Information
New walking program with pedometers. Meet and walk on campus courses.

Golf

6/1-8/1 Fridays 5:00-6:30pm
6/2-8/2 Saturdays 2:00-3:00pm
Taught by a PGA Professional
Meet at El Dorado Park Golf Course
Price: $100