

Parking Decal: \$5 #3296

Student ID: \$5 #3295

Personal Training \$200 – 5 Sessions #3297

Wellness Center Membership:

Hours: Mon-Fri 7am - 7pm Jan 4 - May 31: **\$85** Adult: #3298 **\$57** Senior 60+: #3300 **\$57** Military/Veteran: #3300

Mar 24 – May 31: **\$42** Adult: #3299 **\$28** Senior 60+ #3301 **\$28** Military/Veteran: #3301

Land Fitness Classes					Semester Dates: Jan 21, 2025 – May 8, 2025				
Monday/Wednesday \$65/\$55Sr					Tuesday/Thursday \$65/\$55Sr				
TIME:	CLASS:	CLS#:	ROOM:	INSTR:	TIME:	CLASS:	CLS#:	ROOM:	INSTR:
9:00 AM – 9:50 AM	Chair Aerobics	3302	HPE 112	Pauline W.	9:30 AM – 10:20 AM	Suspension Training*	3315	HPE 112	Chris L.
10:00 AM–10:50 AM	Advanced Tai Chi	3305	HPE 112	Pauline W.	11:00 AM – 11:50 AM	Chair Aerobics	3303	HPE 112	Amber L.
11:00 AM – 11:50 AM	Tai Chi*	3308	HPE 112	Pauline W.	12:00 PM – 12:50 PM	MixedFit	3316	HPE 112	Courtney P.
11:00 AM – 11:50 PM	Pickle Ball*	3307	TC 100	Robert S.					
11:00 AM – 11:50 PM	Active Aging/Strength Training	3304	HPE 114	Amber L.					
12:00 PM – 12:50 PM	Hip Hop Fitness	3306	HPE 112	Emily F.					
1:00 PM – 1:50 PM	Weight Resistance*	3309	HPE 114	Robert S.					
5:40 PM – 6:30 PM	Yoga*	3310	HPE 112	Darendia M.					

Closed Jan 20th for MLK Jr Day, Mar 17th – Mar 21st for Spring Break, and May 26th for Memorial Day

Note: * = Academic/Non-Credit Class