

No classes: July 5

Summer 2021
June 28th - August 4th

5/28/21

	Course	Day/Time	Mode	PE&W Points	Fee amount
1	Yoga	MW 5:20p - 6:10p (EST)	Remote Synchronous	2	\$75
2	Fitness/Meditation (Activity-yoga)	TR 4:20p-5:10p (EST)	Remote Synchronous	2	\$75
3	Fitness/Stress Management (Activity- functional fitness)	TR 5:20p-6:10p (EST)	Remote Synchronous	2	\$75
4	Fitness/Nutrition (Activity- Yoga)	MW 4:20p- 5:10p (EST)	Remote Synchronous	2	\$75
5	Fitness/Nutrition (Activity- functional fitness)	TR 4:20p -5:10p (EST)	Remote Synchronous	2	\$75

Limited spots available. Registration is first come, first serve.

Each class is 50 minutes long, 2 times/week.