

HAWK FIT

SPRING FITNESS CLASSES

MONDAYS

Zumba

5:15 – 6:15pm

Starts: 2/4

Ends: 4/29

Beginning Salsa Continuing Salsa

7:00 – 8:00pm

Starts: 1/28

Ends: 4/22

8:00 – 9:00pm

Starts: 1/28

Ends: 4/22

TUESDAYS

Gentle Yoga

5:15pm – 6:15pm

Starts: 1/29

Ends: 4/23

WEDNESDAYS

Zumba

5:00 – 6:00pm

Starts: 2/6

Ends: 5/1

Vinyasa Yoga

6:15 – 7:15pm

Starts: 1/30

Ends: 4/24

THURSDAYS

Vinyasa Yoga

5:15 – 6:15pm

Starts: 1/31

Ends: 4/25

Aqua Zumba*

6:00 – 7:00pm

Starts: 2/7

Ends: 3/7



 <http://www.facebook.com/IITIntramuralsandRec>

 <https://twitter.com/TalonTheHawk>

 www.illinoistechathletics.com

No previous experience is necessary to participate. Please wear workout attire. All classes are offered in Keating Sports Center. Please see our website for class descriptions.

*Class Held in POOL