

yoga classes

FOR FACULTY AND STAFF

Hatha or Gentle Yoga

Every **Monday** at noon (starting Monday, June 13, ending on Monday, August 15)

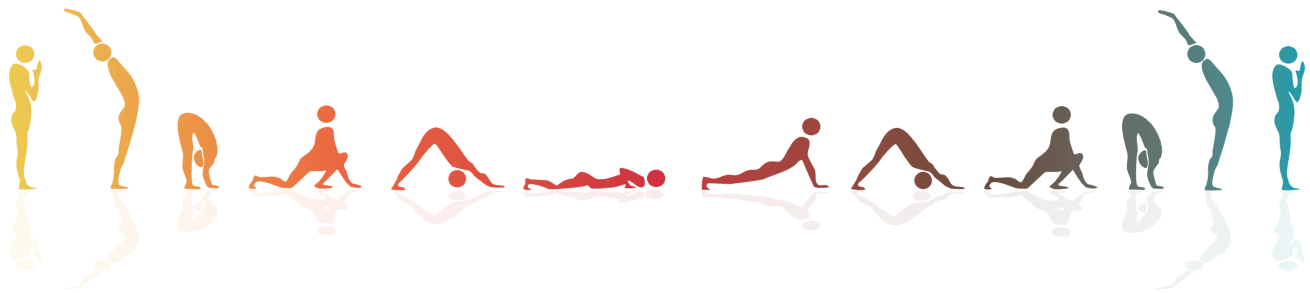
Restorative Yoga

Every **Wednesday** at noon (starting Wednesday, June 15, ending on Wednesday, August 17)

Classes will take place in the IIT Tower Fitness Center located on the 6th floor. Cost is \$5 per class.

If you are interested, please visit go.iit.edu/yoga and click **Staff & Faculty Yoga** for package options. Please print your receipt and bring it to the Keating Front Desk to pick up your punch card during summer Keating hours (8 am–8 pm; except Fridays closing at 6 pm).

QUESTIONS? Contact Courtney Budd at cbudd@iit.edu



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