



# HAWK FIT

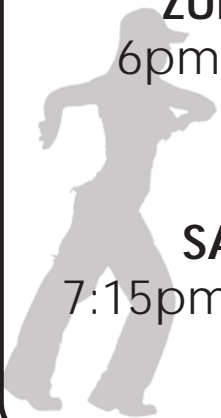
## SPRING FITNESS CLASSES

### MONDAYS

3/24, 4/7, 4/14

#### ZUMBA

6pm - 7pm



#### SALSA

7:15pm - 8:15pm

### TUESDAYS

3/25, 4/8, 4/15

#### VINYASA YOGA

6pm - 7pm



#### SELF-DEFENSE

7:15pm - 8:15pm

### WEDNESDAYS

4/2, 4/9, 4/16

#### WOMEN'S ONLY ZUMBA

6pm - 7pm



#### GENTLE YOGA

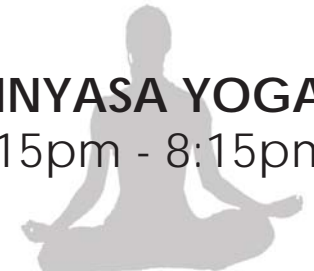
7:15pm - 8:15pm

### THURSDAYS

3/27, 4/17

#### GENTLE YOGA

6pm - 7pm



#### VINYASA YOGA

7:15pm - 8:15pm

ALL CLASSES WILL BE OFFERED IN LOWER LEVEL OF HERMAN HALL IN THE FC TRUSTEE DINING ROOM

NO PREVIOUS EXPERIENCE IS NECESSARY TO PARTICIPATE. PLEASE SEE OUR WEBSITE FOR CLASS DESCRIPTIONS.

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