

Spin and Pilates

Tuesdays and Thursdays 3:30-4:15pm ACWC 215



September: 9/5 9/7 9/12 9/14 9/19 9/21 9/26 9/31

October: 10/3 10/5 10/12 10/17 10/19 10/24 10/26 10/31

November: 11/7 11/9 11/14 11/16 11/28 11/30

December: 12/5 12/7

20 minutes of Spinning

20 minutes of Pilates

Come for one or both!