

CLASS/EVENT NAME:	INSTRUCTOR:	DATES:	CLASS DAYS:	CLASS/EVENT TIME:	FEE:	CRN:	CLASS LOCATION:
Anything Goes - Cardio and Core	Wendy Simmons	10/3 - 12/5	Mon/Wed	4:05 – 4:55 p	Free	23923	Building 30, Room 135
The A.B.C.'s for a Stronger Body	Wendy Simmons	10/3 - 12/5	Mon/Wed	5:05 – 6:00 p	Free	23917	Building 30, Room 135
Ageing Parents Support Group	N/A	Oct 5, Nov 2, & Dec 7	1st Wednesdays	1:15 – 2:00 p	Free	N/A	Building 5, Room 126
Be B.R.A.W.N.	Wendy Simmons	10/4 - 12/6	Tu/Th	4:05 – 5:00 p	Free	23918	Building 30, Room 135
Couch to 5K (3.1 Miles) Training	Karen Ash, Desiree Woodruff, & Cassie Zimmerlee	9/27 - 12/8	Tu/Th	5:15 - 6:00 p	Free	23924	North side of Building 5, on the bark trail
Fitness Education Center Orientation (for first time users)	Lou Kaczenski	By appointment	Monday – Saturday, drop in	Drop in Mon – Fri, 6:30 a. – 8:00 p & Sat 9:00 - Noon	Fees apply	Contact Wendy	Building 5, Room 101
Flexibility in 20'	Wendy Simmons	10/4 - 12/6	Tu/Th	5:00 – 5:20 p	Free	23919	Building 30, Room 135
Full Figured Fitness	Wendy Simmons	10/3 - 12/5	Mon/Wed	12:05 – 12:50 p	Free	23920	Building 30, Room 135
Know Your Numbers – Health Screening	Wendy Simmons	10/12	Wednesday	7:00 - 10:00 a	\$15.00	Contact Wendy	19/105
TOPS (Taking Off Pounds Sensibly)	Facilitated within the group	9/27 - 12/8	Tuesdays	12 - 12:45 p	Varies	N/A	Building 5, Room 239
Walk/Run WeCare & Wellness Events	Jennifer Falzerano, Wendy Simmons	Oct 18 Nov 3	Tuesday & Thursday	8:00 & 12:00 for Oct, 12:00 for Nov	Free & \$ accepted	N/A	North side of Building 5, on the bark trail
We Are a Work In Progress	Wendy Simmons	10/6, 10/20, 11/3, 11/17, 12/1	1 st & 3rd Thursdays	1:05 – 1:50 p & on Moodle	Free	23931	Building 30, Room 132
Yoga - Gentle Hatha	Annette Garcia	10/4 - 12/1	Tu/Th	12:00 – 12:50 p	\$75	Continuing Ed	Building 30, Room 135