SUMMER 2022

**MONDAY**

4:15-5:15pm ALL LEVEL YOGA  
With Jenika in 201b  
June 22nd - July 13th

4:00-5:00pm KICKBOXING  
With Marcus in 222a  
June 22nd - July 11th

5:15-6:15pm BARBELL STRONG  
With Derek in MAC gym  
June 22nd - July 27th

**TUESDAY**

6:30-7:30pm POWERPUMP  
With Anna Leesa in 222a  
June 21st - July 28th

6:30-7:30pm SELF DEFENSE  
With Jonathan in 201b  
June 21st - July 28th

**CLASS DESCRIPTIONS**

**KICKBOXING**
You will develop skills in self defense and American boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

**POWER PUMP**
Individually challenging, this class is demanding while being restorative in a weightless environment.

**ALL LEVEL YOGA**
Learn the fundamentals of Olympic Weight Lifting. Technique focused.

**BARBELL STRONG**
Learn the fundamentals of Olympic Weight Lifting. Technique focused.

**SELF DEFENSE**
Hapkido is a martial art inclusive for all fitness levels. Build confidence in your physical abilities improve awareness of balance, enhancing flexibility and muscular endurance.

**THURSDAY**

6:30-7:30pm POWERPUMP  
With Anna Leesa in 222a  
June 21st - July 28th

6:30-7:30pm SELF DEFENSE  
With Jonathan in 201b  
June 21st - July 28th

**WEDNESDAY**

4:15-5:15pm ALL LEVEL YOGA  
With Jenika in 201b  
June 22nd - July 13th

4:00-5:00pm KICKBOXING  
With Marcus in 222a  
June 22nd - July 11th

5:15-6:15pm BARBELL STRONG  
With Derek in MAC gym  
June 22nd - July 27th

**FREE CLASSES ALL SUMMER!**