

Fitness Activities FALL SCHEDULE 2009

Activity	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DANCE	A	Scottish Dance 4:15-5:15pm Mon only 9/14-11/16 Register by 9/11					
	A			Latin Dance: Beginners 6:30-8:00pm Wed only 9/9-11/18 Register by 9/4			
	Larson				Latin: Intermediate 8:00-9:30pm Thu only 9/10-11/12 Register by 9/4		
	A			Salsa: Beginners 8:00-9:00pm Wed only 9/9-11/18 Register by 9/4			
	A			Bachata 9:00-10:00pm Wed only 9/9-11/18 Register by 9/4			
	A		Argentine Tango 5:30-7:00pm Tue only 9/15-12/1 Register by 9/11				
	SELF DEFENSE	A				Self-Defense: Krav Maga 4:00-5:30pm Thu only 9/10-11/19 Register by 9/4	
A				Self-Defense: CQC 5:00-6:30pm Wed only 9/9-11/18 Register by 9/4			
MARTIAL ARTS	B			Tai Chi 7:00-8:00am Wed/Fri 9/16-12/4 Register by 9/11		Tai Chi 7:00-8:00am Wed/Fri 9/16-12/4 Register by 9/11	
	A		Capoeira 7:00-9:00pm Tue/Thu 9/8-12/3 Register by 9/4		Capoeira 7:00-9:00pm Tue/Thu 9/8-12/3 Register by 9/4		
	South Gym		Jiu-Jitsu 4:30-6:00pm Tue only 9/15-11/17 Register by 9/11				
	South Gym	Aikido 6:00-7:30pm Mon/Wed 9/14-12/2 Register by 9/11		Aikido 6:00-7:30pm Mon/Wed 9/14-12/2 Register by 9/11		Advanced Aikido 6:00-7:30pm Fri only 9/18-12/4 Register by 9/11	
	South Gym	Hapkido 8:00-10:00pm Mon/Wed 9/14-12/5 Register by 9/11		Hapkido 8:00-10:00pm Mon/Wed 9/14-12/5 Register by 9/11			Hapkido 1:00-3:00pm Sat 9/14-12/5 Register by 9/11
HEALTH & WELLNESS	Presidio Room (SU)		Yoga Lifestyle 12:00-1:00pm Tue/Thu 9/15-10/22 Register by 9/11		Yoga Lifestyle 12:00-1:00pm Tue/Thu 9/15-10/22 Register by 9/11		

Registration begins 8/24/09

Space is limited so sign up soon! All participants must be registered the Friday before the first day of class!

These non-credit Fitness Activity classes offer educational experiences for a wide variety of interests. The classes are progressive in nature as opposed to a more informal drop-in basis. The Fitness Activity classes are offered separately from the Group Fitness classes. Fees for Fitness Activity classes are separate from the fees for the Group Fitness classes. Fitness Activity classes not meeting the minimum participant requirements will be cancelled at the close of business on the registration deadline dates. All schedules are subject to change. Check online for updates. We pride ourselves on the caliber of our instructors, who are specialized in their respective disciplines. Register for Fitness Activity classes at Recreation Services in The Rec Center.