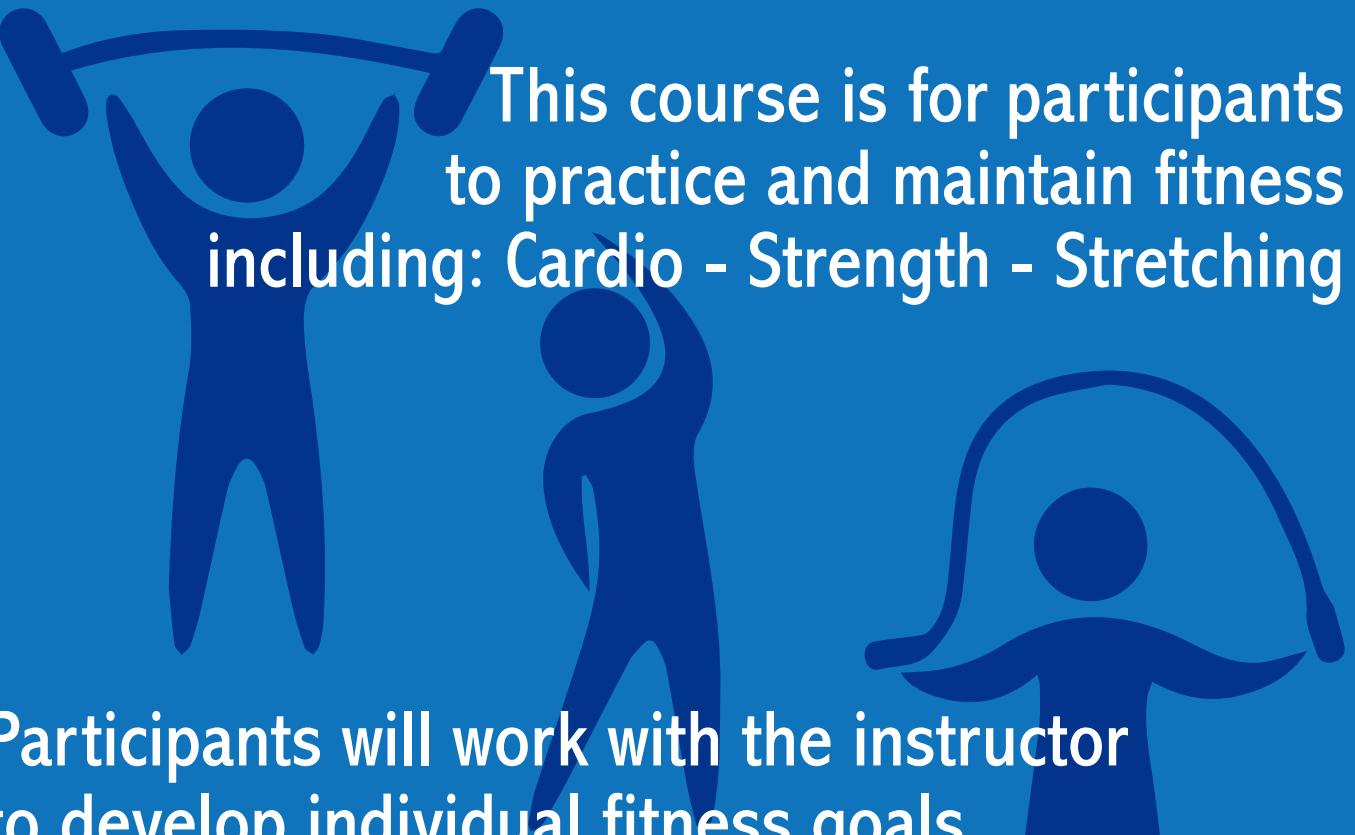


# Open Gym

SESSION COURSE



This course is for participants to practice and maintain fitness including: Cardio - Strength - Stretching

- Participants will work with the instructor to develop individual fitness goals.
- The class is open-entry/exit and participants may join at any time.

Day/Times: **Wednesday, 6-9pm**

Dates: **January 20 - May 11, 2016**

Instructor: **Deanna Campbell**

Location: **Bishop Campus,**

**New Fitness Room**

Cost: **\$10.00**

