

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