

BECAUSE **FITNESS** SHOULD

FEEL
GOOD



Registration Begins 11/12/25 Wednesday
www.ae.slcsud.org/community-programs
or use the QR code



SLO CAMPUS

Gentle Yoga - \$225

M & W 5:45-7:00PM

1/12 - 5/20

Cardio Strength - \$200

TU & F 10:00-11:00AM

1/13 - 5/22

Classical Mat Pilates - \$200

TU & F 11:15-12:15PM

1/13 - 5/22

Dance Flow - \$130

W 10:00-11:15AM

1/14- 5/20

Beginning Mat Pilates - \$105

W 11:30-12:30PM

1/14- 5/20

Online Campus

Gentle Yoga- \$255

TU & TH 9:30-10:45AM

1/13- 5/21

Qigong - \$105

W 9:35-10:35AM

1/14- 5/20

Intro to Tai Chi - \$105

F 9:00-10:00AM

1/16- 5/22