

UAlbany Aerobic & Aquatic RECREATION Classes Fall 2009

www.albany.edu/recreation



YOGA & PILATES w/ Renee:

Yoga: a strengthening yoga class consisting of sun salutations, strengthening & stretching poses, plus balancing & breathing exercises.

Pilates: a challenging non-impact exercise class, focusing on core strengthening.

No experience necessary, please bring a yoga mat to class.

Mondays (Yoga) & Wednesdays (Pilates)

5:30-6:25pm

September 21 – December 7

No class November 25

All classes: PE Building – 3rd Floor Dance Studio

All Group Exercise and Aerobic Dance classes have one uniform fee.
Please feel free to try any/all of our offerings!

12 Class Access Card: \$60

6 Class Access Card: \$36

Walk-In Fee: \$7/class

***Please visit the SEFCU ARENA RECREATION SALES OFFICE**

http://www.ualbansports.com/ViewArticle.dbml?DB_OEM_ID=15800&KEY=&ATCLID=839045&SPID=9804&SPSID=82663

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