

*****AFC CLASSES*****

**Mason Rec
AFC Yoga and Pilates Schedule
Spring 2016**

Free Week: January 19-February 1

Classes Run January 19-May 7

No Classes February 15, March 7-March 13

All Classes will take place in the Aquatic and Fitness Center Group Exercise Room



	Monday	Tuesday	Wednesday
2:00-3:00pm	<u>Yoga</u> Liz		<u>Yoga</u> Jean

**Gold Pass- Student \$50/Semester
Gold Pass- Non-Student \$70/Semester
Drop-in Fee \$8**

