



# Faculty & Staff Fitness Classes

**8-week spring session February 23 – April 24\***

\*No classes March 9-13

## Schedule

M	T	W	TH	F
Body Sculpt 11:30-12:15	Pilates 11:30-12:15			Yoga 12:45-1:30

All classes meet in McKinley Hall, Rm 153

1 Class                      \$40 JFC members | \$60 nonmembers  
 3 Classes                    \$80 JFC members | \$120 nonmembers

**Register in person at Jacobs Fitness Center**

**Try any class for FREE February 23 – February 27**

Looking for more group fitness classes?  
 Visit: <http://american.edu/jacobsfitness/>



Brought to you by AU's Faculty & Staff Wellness Program