

ATTENTION FULL-TIME STUDENTS

FREE CLASSES

Offered by the
Point Park Recreation Center

Spinning Classes

At the YMCA

January 26, 2010 and

January 27, 2010

7:30 P.M. – 8:30 P.M.

-Enjoy a thrilling and high-cardio
workout while listening to upbeat and
fast-paced music-



Yoga Classes

7th Floor of the YMCA

January 25, 2010 and

January 27, 2010

10:00 A.M. – 11:00 A.M.

-Enjoy a relaxing yet high intensity workout
that lengthens and strengthens-

ALL LEVELS OF ABILITY ARE WELCOMED!
To register, e-mail skosanovich@pointpark.edu

Limited seats are available so ACT QUICKLY!!!