

# METRO RECREATION FALL 09

NON-CREDIT CLASSES  
FOR REGISTRATION 987-3075  
FOR INFORMATION 987-3624  
(REMISSION OF FEES)  
(WELLNESS CREDITS)



## PILATES

9/1 – 10/20 (TUES.)  
COURSE#1029 CRN#87861  
5:30 – 6:30PM  
ROOM: MRC109

## PILATES

9/2 – 10/21 (WED)  
COURSE#1025 CRN#87859  
12- 1PM  
ROOM: MRC 109



## QIGONG

8/31 – 10/19 (MONDAY)  
COURSE#1032 CRN#87858  
1:30 – 2:30PM  
ROOM: MRC109

## TAI CHI

9/2– 10/20 (WEDS.)  
COURSE#1026 CRN#87857  
1:30 – 2:30PM  
ROOM: MRC109

## CARDIO EXPLOSION

8/27 – 10-28 (THURSDAY)  
COURSE#1035 CRN#87860  
5:30PM – 6:30PM  
ROOM: MRC109

## PERSONAL TRAINING

8/22 – 10/17  
COURSE# 1028 CRN#87856  
BY APPOINTMENT EX.4178