

# Employee Fitness Classes at RUH

## Starting January 7, 2019

Located in Ellis Hall Gymnasium



DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>	1205-12:50 Jan 7-Feb 11 Fee: \$35	Cardio/Sculpt	Kristen
<b>TUESDAY</b>	1205- 12:50 Jan 8 -Mar 26 Fee: \$65	Yoga	Gail

### Class Descriptions:

**Cardio/Sculpt**—a combination of cardio and sculpt exercises that will give you an overall body workout

**Yoga-Fit**—traditional yoga poses combined with strengthening exercises

### CLASS FEES:

Circuit - 6 weeks \$35  
Yoga—12 weeks— \$65  
Both classes—\$90

Questions? Contact Mimi at  
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... a healthy workplace initiative