FIT JAYHAWK

February 6 - March 15
TUESDAY/THURSDAY 12:00 - 12:45 PM

INSTRUCTOR: Eric M.

COST: $90

A weightlifting class focusing on proper mechanics, toning, and strength development. This class incorporates squat racks, dumbbells, functional training equipment, and body weight exercises. Modifications will be provided. Meet in lobby of ASRFC.

Open to students, faculty, and staff. Participation is limited. Membership is required. Please register in the admin office, #103.