

# University College of the North

START DATE: FEB. 14, 2018

TIME: 5:00 TO 6 P.M.

Join me in the Cardio Room to be lead through a challenging & inspiring cardiovascular program in a group setting. Limited equipment available including rower, steppers, treadmills and upright cycles.

*UCN Gymnasium*

*Wednesdays*

*February 14, 21, 28,*

*March 7, 14, 21*

*Cost: \$37.50 for six weeks or*

*\$8.00 drop in fee per class*

*FREE FOR UCN STUDENTS AND STAFF*

*Register by: Friday, February 1, 2018*

CONTACT PERSON:

DENISE DUNCAN

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# Fitness Time

