

FREE

Certified Professional

Health & Fitness Series



BEGINNER'S BOOTCAMP I

August 26 - September 25

Robertson Field @ 6:00 pm

PILATES

October 28 - November 20

Village Community Room @ 5:30 pm



ZUMBA

January 20 - February 19

Village Community Room @ 5:30 pm



BEGINNER'S BOOTCAMP II

March 23 - April 15

Roberston Field @ 4:30 pm



Monthly Luncheons for a Healthy Lifestyle

Sept 18th, Oct 9th, Nov 13th, Feb 5th, Mar 19th & Apr 16th

Register now at www.regent.edu/activities

Sponsored by The Office of Student Activities & Leadership