



## FREE EMPLOYEE ONLY FITNESS CLASSES

Thursdays from 1:15 to 1:45

- 9.21: Kickboxing**
- 9.28: Total Body Sculpt**
- 10.5: Step**
- 10.12: Barre**
- 10.19: Yoga**
- 10.26: Zumba**
- 11.2: Pilates**
- 11.9: Cycle**

These introductory fitness classes are designed to familiarize participants to a variety of workout class formats and encourage the establishment of healthy exercise habits. Classes include a warm up, 20 minutes of activity, and a cool down. Employees are not required to have memberships to participate, and simply must sign a waiver at the front desk of the Student Recreation Center in order to take the class (where participants typically swipe in). Classes are held in Studio B at the SRC, which is the upstairs studio furthest away from the stairs, with the exception of cycle. Cycle will be held in the Fetzer cycle studio, which is on the first floor to the right of the front desk, down the Fetzer gym hallway. All fitness levels are welcome, and questions should be directed to Kyle Harmon at [kyle.harmon@unc.edu](mailto:kyle.harmon@unc.edu).