

Pueblo



Community College



Group Exercise classes

Classes will be held in the Group Fitness Room inside of the Wellness and Rec Center (lower level of the Student Center).

Classes are **FREE** for valid PCC students and Rec Center members, **\$5** per class for non-members (payable at the PCC Cashier's Office before 5 pm on the day of the class).

Participants will need to sign a waiver prior to the class.

- **Yoga Monday 5:30-6:30 pm**

Instructor: LeRoy Titus III

- **Self-Defense Tuesday Noon-1 pm**

Instructor: Jake Renner

- **Zumba Thursday 5:30-6:30 pm**

Instructor: Kathy KinKaid

