

Pueblo



Wellness and
Recreation

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**
5:30-6:30 pm Monday through Dec. 12
Instructor: LeRoy Titus III
- **Self-Defense**
Noon-1 pm Tuesday through Dec. 13
Instructor: Jake Renner
- **Zumba**
5:30-6:30 pm Thursday through Dec. 15
Instructor: Kathy KinKaid

