

GROUP FITNESS

with DSU Continuing Education

**DELTA STATE
UNIVERSITY** 
Join in. Stand out.

X-SPIN :

Monday/Wednesday @ 6am to 7am

For Intermediate to Advanced fitness levels. The class will work on various levels of intensity, hills, jumps, run while integrating core work and strength training. Taught by Richey Woods

Cost: \$50 for Fall Semester (September 7—December 16)

Location: Wyatt Room 127 (Cycling Room)

X-FIT :

Tuesday/Thursday @6am to 7am

Intermediate anaerobic class; focusing on total body conditioning utilizing handheld weights, steps, core walk and functional movements. Taught by Richey Woods

Cost: \$50 for Spring Semester (September 7—December 16)

Location: Wyatt Gymnasium

Register ONLINE at

www.deltastate.edu/continuing-education/adult-registration.

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