

HEALTHY U

Group Fitness with Delta State

Beginner Spin/Cycling

Monday/Wednesday @ 5:15pm

Beg/Int levels. Pedal along on a stationary bike as the instructor guides you through various speeds and intensities all while listening to some great tunes.

Taught by Madison Lavoie

Location: Wyatt Room 127 (cycling room)

Low Impact Fitness:

Tuesday/Thursday @ 5:15pm

Beg/Int levels. Low impact exercises integrating strength, balance and flexibility.

Taught by Madison Lavoie

Location: Wyatt Gym

COST: \$50

DATES:

FEBRUARY 6–MAY 4, 2023

Pre-registration required online at

**[www.deltastate.edu/continuing-education/
adult-registration](http://www.deltastate.edu/continuing-education/adult-registration)**

Questions? 662-846-4871/

ejoe@deltastate.edu

**DELTA STATE
UNIVERSITY** 

Join in. Stand out.