

Free Core & Strength Fitness

Classes for Students & Staff!



Zumba

Join this fun and energetic dance fitness class.

Tuesdays, Oct. 6 - Nov. 24 • 1 - 2 p.m.

Kenosha Campus - Student Commons, Garden Room

Self Defense

Learn and practice awareness and self-defense techniques.

Thursdays, Oct. 1 - Nov. 19 • 4:30 - 5:30 p.m.

Kenosha Campus - Student Commons, Garden Room



Yoga & Pilates

Relax, increase strength and flexibility using yoga and pilates.

Tuesdays, Oct. 6 - Nov. 24 • 1 - 2 p.m.

Racine Campus - SC Johnson Student Life Center, Garden Room

WERK

Dance your way to fitness with WERK.

Thursdays, Oct. 1 - Nov. 19 • 4:30 - 5:30 p.m.

Racine Campus - SC Johnson Student Life Center, Garden Room



All fitness classes are open to Gateway students and staff.
Classes are free for Gateway students and \$2 per class for Gateway staff.

Sponsored by United Student Government & Student Life.
Questions? Contact Lindsey Kosman at mizakl@gtc.edu.

