



## SPRING 2020 ACTIVITY CLASSES

- KIN 16 SWIMMING MW 12:55PM
- KIN 24 INDIVIDUALIZED WEIGHT TRAINING OPEN LAB
- KIN 33 WALK RUN FOR FITNESS FRIDAYS 8:10AM
- KIN 44 CORE AND CARDIO MW 11:20AM
- KIN 61 SWIM FOR FITNESS \*\*LATE START\*\* MW 6PM
- KIN 62 YOGA GILROY 6:30AM, 11:20AM, HOLLISTER 6PM, OR MORGAN HILL 5PM
- KIN 64 INDIVIDUALIZED CARDIOVASCULAR FITNESS OPEN LAB
- KIN 70 PILATES TR 9:45AM
- KIN 73 FITNESS THROUGH DANCE TR 12:55PM
- KIN 80 ULTIMATE FRISBEE TR 11:20AM
- KIN 83 KARATE TR 810AM
- KIN 87 INDOOR SOCCER MW 8:10AM
- KIN 91 HIP HOP MW CHRISTOPHER HS