

SHORELINE ATHLETICS

YOGA

SEPT 30 - DEC 4 | 11:30 AM - 12:20 PM | TUE/THU | \$159

Join us on campus for a gentle yoga class with Stacie Attridge. This is a centered, grounded yoga class to gain better balance, strength, flexibility and stability from the body's core. For all ages 15+ and abilities.

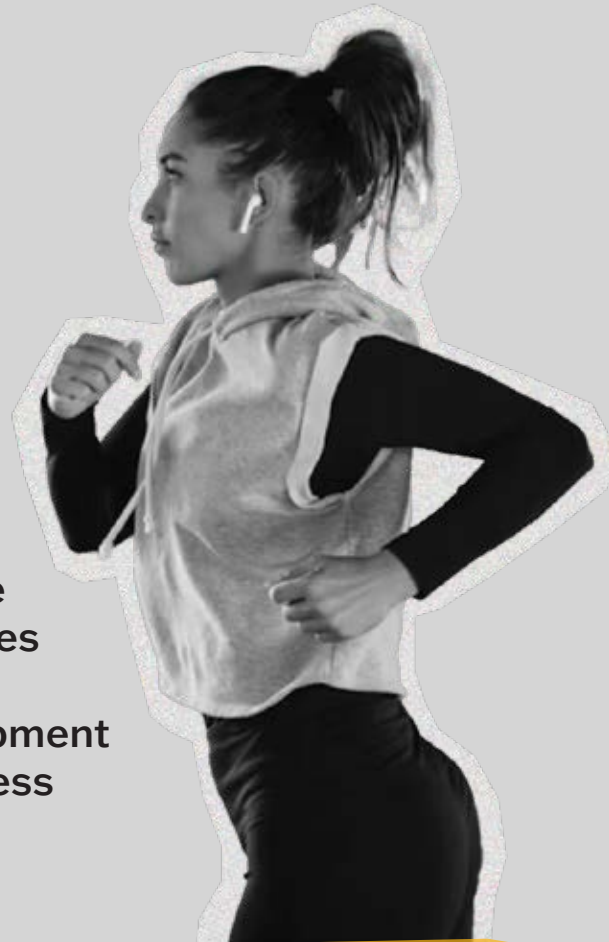


WEIGHT TRAINING & CARDIO FITNESS

SEPT 30 - DEC 4 | 6:10 PM - 7 PM | TUE/THU | \$159

Students will have the opportunity to combine cardiovascular and strength training techniques to develop a balanced fitness program.

Stacie Attridge will teach you how to use equipment and tailor a personal routine to meet your fitness goals. For all ages 15+ and abilities.



Register now scanning the QR code or go to shoreline.edu/continuing-ed

These courses can also be taken for College credit. For more information please contact Enrollment services at: enrollmentservices@shoreline.edu

