

SHORELINE ATHLETICS

Registration opens March 1st!

WEIGHT TRAINING & CARDIO FITNESS

WINTER: JAN 6 - MAR 12

SPRING: APR 2 - JUN 16

6:10 PM - 7 PM | TUE/THU | \$165

Students will have the opportunity to combine cardiovascular and strength training techniques to develop a balanced fitness program. Non credit. With Stacie Attridge. For all ages 15+ and abilities.



YOGA

WINTER: JAN 6 - MAR 12

SPRING: APR 2 - JUN 16

11:30 AM - 12:20 PM | TUE/THU | \$165

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. Non credit. For all ages 15+ and abilities.

This course can be taken for 2 college credits. For more information please contact Enrollment services: enrollmentservices@shoreline.edu



Scan the QR code to register or visit our website: shoreline.edu/continuing-ed
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