



Bar/Weights & Core

Do you find gym machines confusing and intimidating to use? You can get an effective total body strength training experience without them using your own body weight and body bars, hand weights of various pounds, resistance bands and exertubes. This workout includes time working the lower body on the mat. See results! This class has no choreography. Format varies.

NOTE: Bring a mat to class.



Class Information:

CES 9962

Sec. 928176

8 weeks, WED. 7:00—8:00 PM

May 3, 2017

Instructors: E. LeTourneau (AHF)

PE 140

Cost: \$59.00/Senior Cost: \$29.50

Registration begins March 23. Register Online: www.schoolcraft.edu/webadvisor

For more information visit www.schoolcraft.edu/CEPD or call 734-462-4448

Schoolcraft College | 18600 Haggerty Road | Livonia, MI 48152