



COLLEGE OF SOUTHERN NEVADA
COYOTES

CSN COYOTE FIT

**DROP-IN-FITNESS CLASSES
FALL 2019**

SEPTEMBER 16TH - NOVEMBER 22ND

CSN COYOTE MEMBERSHIP REQUIRED

PILATES

Monday & Wednesday
11 a.m. - 12 p.m.
CSN Sports Center Gym
Instructor: Mary Aluas

YOGA

Monday & Wednesday
12 - 1 p.m.
CSN Sports Center Gym
Instructor: Mary Aluas

ZUMBA

Monday & Wednesday
1 - 2 p.m.
CSN Sports Center Gym
Instructor: Monique Lovato

CARDIO EXPLOSION

Tuesday & Thursday
11 a.m. - 12 p.m.
CSN Sports Center Gym
Instructor: Angela Palmeri-Davis

BELLY DANCE

Tuesday & Thursday
12 - 1 p.m.
CSN Sports Center Gym
Instructor: Angela Palmeri-Davis

ZUMBA TONING

Tuesday & Thursday
1 - 2 p.m.
CSN Sports Center Gym
Instructor: Monique Lovato

FOR MORE INFORMATION CONTACT CSN CAMPUS RECREATION: 702-651-4447 / SPORTSCENTER@CSN.EDU



TWITTER @CSNCAMPUSREC

FACEBOOK CSN SPORTS CENTER



CSN IS AN EQUAL EMPLOYMENT OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION.

FOR MORE INFORMATION, VISIT CSN.EDU/NONDISCRIMINATION.