



# Harper Wellness Center

## December/January Harper Wellness Center Classes:

- ♦ Low Impact Aerobics—  
M/W/F, 10:00-10:45 am, Free to members, \$9 per month for non-members
- ♦ Chair Aerobics—  
M/W/F, 11:00-11:30 am, Free to members, \$7 per month for non-members
- ♦ Chair Yoga—  
T/Th, 2:00-2:30 pm, Free to members, \$7 per month for non-members, \$1 daily
- ♦ Mellow Monday Yoga—  
M @ 5:30 pm, Free to members, \$4/day non-members
- ♦ Tranquil Tuesday—  
T @ 7:00 pm, Free to members, \$4/day non-members
- ♦ Friday Fire—  
F @ 5:30, Free to members, \$4/day non-members
- ♦ Cardio Pilates— January 15-Feb 26  
T/Th, 5:30-6:15 pm, Free to members, \$25/6 weeks, \$4/day non-members