FEATHERWEIGHT FIT BOXING
Fiercely feminine! During this women-focused special program you will learn and build on basic boxing skills and techniques. The workouts are designed to increase muscular strength and cardio endurance. The class will include strength training, cardio, heavy bag work and core strengthening exercises.

START DATE: AUGUST 30
Wednesday - 7:45-8:45pm
$3-5 donation
*Drop-in Registration
Where: Studio 1

YOGA FOR CLIMBERS
A flow style yoga class designed to increase mobility in hips, shoulders, wrists and ankles for climbing or other outdoor sports. All proceeds will go to the Climbing Wall and GX programming.

START DATE: AUGUST 29
Tuesday & Thursday - 7:30-8:30pm
$25 per person, or $40 per pair (per 8 week session)
Where: Studio 2

ACRO YOGA
A combination of yoga, acrobatics and Thai massage! A fun way to practice yoga with other people. The classes are challenging, yet accessible to all. Expect to not only develop a deeper sense of balance, core strength, and flexibility, but to learn to communicate clearly, build trust and reliability. $10 discount if pairs sign up together at the RSF office.

START DATE: AUGUST 29
Tuesday & Thursday - 11:30-12:00pm
$15 per person (per 8 week session)
Where: Studio 2

GX-30
This 30 minute functional strength class is designed to increase your progress on strength and endurance. This instructional based class will challenge you to achieve your goals, help you improve techniques, and introduce you to new workout equipment. Taught by RSF Professional Staff member Jocelyn Larson.

START DATE: AUGUST 29
Tuesday & Thursday - 4:15-5:15pm
$25 per person (per 8 week session)
Where: HFC Combatives Area

KICKBOXING
A fusion of combat and sports-based kicking and punching originally developed from Karate and Muay Thay. This is a practice for self-defense, general fitness, and/or contact sports.

START DATE: AUGUST 29
Tuesday & Wednesday - 5:30-6:30pm
$25 per person (per 8 week session)
Where: HFC Combatives Area

REGISTER ONLINE AT MONTANA.EDU/GETFIT OR 120 HOSAESUS FITNESS CENTER 406.994.5000