## SPRING OFFERINGS

### Weekly Before Work
- Open Swim (see website for times)
- Zen Meditation - W (7:30-9:15am)

### Location
- See Website
- McAlister Center Lounge

### Weekly at 12:05-12:55 pm
- Badminton - Tu/Th
- Basketball - M/W/F
- Pilates - M/W
- Swim Stroke - Tu/Th
- Tennis - M/Th
- Torch Strength - F
- Water Fitness - M/W/F
- Weight Watchers at Work - F
- Yoga - Tu/Th

### Location
- Rains Center Memorial Gym
- Rains Center Voelkel Gym
- Rains Center MacLeod Room
- Haldeman Pool
- Pauley Tennis Complex
- Rains Center MacLeod Room
- Haldeman Pool
- Rains Center Classroom
- Rains Center MacLeod Room

### Weekly After Work at 5:10-6:10 pm
- Boot Camp - M
- Yoga - M/W
- Belly Dancing - W
- Zumba - Tu/Th

### Location
- Rains Center MacLeod Room
- Gray Space @ Studio Art Hall
- Rains Center MacLeod Room
- Rains Center MacLeod Room

### NEW: Personal/Team Training
By Appointment Only - Contact Brandon Johnson (brandon.johnson@pomona.edu)