

Open to the Public



**Keeping Fit
Community Outreach Fitness Training Session**

Date: Saturday, November 7th

Time: 9am – 11am

Place: Carmichael Gym

Please join us on Saturday, November 7th for an exercise workout session.

Enjoy a variety of exercise options from Pilates, Fitness Walking, Step Aerobics and an introduction to Weight Training.

The morning will begin promptly at 9:00 in room 2014 for a quick meet and greet followed by each group leaving for their registered session.

*Please pre-register for one activity per session.

9:00: Meet and Greet in room 2014

9:15 – 10:00: Session #1

10:15 – 11:00: Session #2

Choose from the following:

Pilates: Room 1211

Fitness Walking: Courts 9 and 10

Step Aerobics: Room 1206

Intro to Weight Training: Weight Room 1308

Please respond to Katherine Klinger (katherine.klinger@ncsu.edu) no later than **Thursday, November 5th** if you plan to attend and please indicate your choice of activity per session.



The Department of Physical Education
North Carolina State University