

Join CONNECT Fit

This unique comprehensive health and fitness program is led by experts and specialists in the health and wellness fields. Take advantage of this all-inclusive fitness program from the convenience of home!



Megan



Terre



Mel



June

SPECIAL OFFER FOR: CURRENT MEMBERS!

Refer a Friend for the spring quarter, and if they register, **YOU** receive a \$50 credit onto your account.

CLASSES INCLUDE:

6:00 AM Mon/Wed/Fri

STRENGTH

Terre Poland, Certified Trainer

7:00 AM Tue/Thu

SPIN/STRENGTH & NUTRITION

June Denney, RDN

8:00 AM Saturday Morning Spin

Spin Coaches

8:00 AM Mon/Wed

MOVEMENT & MODIFICATION

Mel George, Chiropractor

NOON* Mon/Wed

YOGA FLOW & BARRE

Megan Waskiewicz, Certified Trainer

**Noon classes are hybrid. Join on zoom or in person in the Dance Studio at LTCC.*

Fee: \$175 - Unlimited Classes

\$13.50/per week or less than \$5.00/per class

This is a GREAT value!

LAKE TAHOE COMMUNITY COLLEGE
CONNECT
COMMUNITY EDUCATION

www.ltccconnect.com

(530) 541-4660 x 717

