

ARC FITNESS

SPRING FEST

FITNESS CLASSES

Outdoor Pilates & Yoga Fusion



**Friday, May 16
3:15-4:00P**



ARC Sports Field



Total Body Spring Circuit Class



**Monday, May 19
12:15-1:00P**



Fitness Center Studio



**Free for Cascadia College
& UW Bothell Students**



**Register online at
myarc.uwb.edu**

Questions? Email arcfitness@uw.edu

UW Bothell and Cascadia College are committed to providing equal opportunity and reasonable accommodation in their services, programs, activities, education, and employment for individuals with disabilities. To make a request connected to a disability or health condition to UW Bothell, students should contact ARC Fitness at 425.352.3580, arcfitness@uw.edu. Cascadia College students should contact Student Accessibility Services at 425.352.8128, accessibility@cascadia.edu. It is preferred that arrangements are made 10 days prior to the event.