

Certifications are coming to the RecPlex Jan/Feb of 2008!

- 1.) AFAA Practical Skills & Choreography = Saturday Jan 31 (9am-6pm)
 - 2.) AFAA Primary Group Exercise Certification = Sunday Feb 1 (9am-6pm)
- <http://www.afa.com/>



- 3.) Turbokick = Saturday Feb 7 (8am-6pm)
- 4.) PiYo = Sunday Feb 8 (8am-6pm)

Register on-line at <http://www.turbokick.com/index.php> for the University of Dayton, RecPlex location.



PiYo™ is an athletic fusion style strength & flexibility mat class. It combines energetic, powerful moves into a fluid challenging workout for everyone.

Contact the Fitness Director, Clare.Glaser@notes.udayton.edu at 937/229-2705 for details.