

# Friday Fitness

with Debbie VanBuren  
Fall Semester 2011

Yoga/Pilates/Stretch & Relax

Questions? Contact  
Debbie at 845-431-8475  
vanburen@sunydutchess.edu

**DUTCHESS**  
COMMUNITY COLLEGE

Sept. 9 Pilates  
Sept. 16 Stretch & Relaxation  
Sept. 23 Yoga  
Sept. 30 Pilates  
Oct. 7 Stretch & Relaxation  
Oct. 14 Stretch & Relaxation  
Oct. 21 Yoga  
Oct. 28 Pilates  
Nov. 4 Stretch & Relaxation  
Nov. 11 Stretch & Relaxation  
Nov. 18 Pilates  
Dec. 2 Yoga  
Dec. 9 Pilates  
Dec. 16 Stretch & Relaxation

12:00 to 12:45  
Aerobics Studio  
Falcon Hall  
Fall Semester Starting  
September 9



**DUTCHESS**  
COMMUNITY COLLEGE

Tuesdays, 12:30-1:30 p.m.  
Aerobics Studio • Falcon Hall  
Fall Semester starting August 30  
Questions? email [mary.arnold@sunydutchess.edu](mailto:mary.arnold@sunydutchess.edu)

# Tuesday

# Y O G A

with  
Mary  
Koniz  
Arnold

Free, drop-in classes for DCC Students, Faculty, and Staff  
WFE, PED, and Dance Students:

These class may count toward make-up classes and extra credit. Check with your teacher.