

FALL FIT@SIMMONS CLASSES



MONDAY

DANCE FITNESS & TECHNIQUE

with Emily Cubanski

🕒 4:00–5:00 PM

📍 FIT Studio 1

TUESDAY

YOGA

with Molly Katz

🕒 5:00–6:00 PM

📍 FIT Studio 2

TUESDAY & THURSDAY

WEIGHTLIFTING

with Dan Ostrerov

🕒 5:30–6:30 PM

📍 2nd Floor Gym

TUESDAY & THURSDAY

SWIMMING

with Morganne Taylor

🕒 8:00–9:00 PM

📍 Pool

FRIDAY

LINE DANCING

with Emily Cubanski

🕒 5:00–6:00 PM

📍 Dance Studio

SATURDAY

SWIMMING

with Brooke D'Silva

🕒 12:00–1:00 PM

📍 Pool

FREE TO ALL SIMMONS STUDENTS.

CLASSES WILL START SEPTEMBER 14TH.

See you all soon!