

Wednesday, April 28, 2010

OU Recreation Center offering summer exercise classes, membership deals

OU's Recreation Center has a full slate of exercise classes in its summer schedule, which runs from May 3 to June 27.

Classes are offered seven days a week, and range from Tai Chi and yoga to cardiovascular and core strength conditioning. Group personal training also is offered in four styles: pace, circuit, cycle and boot camp.

Membership deals include two free guest passes with the purchase of four- and 12-month memberships, as well as several options for students not taking summer classes.

For more information, visit oakland.edu/campusrec.

SUMMARY

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