



SPRING 2021 ACTIVITY CLASSES

*Most courses are online.

Ultimate Frisbee and Golf will
be in person!

- KIN 17 GOLF
- KIN 24 INDIVIDUALIZED WEIGHT TRAINING
- KIN 33 WALK RUN FOR FITNESS
- KIN 44 CORE AND CARDIO
- KIN 62 YOGA
- KIN 64 INDIVIDUALIZED CARDIOVASCULAR FITNESS
- KIN 70 PILATES
- KIN 71 SELF DEFENSE
- KIN 80 ULTIMATE FRISBEE
- KIN 83 KARATE