



HAWK FIT

FALL FITNESS CLASSES

MONDAYS

Zumba

5:30 – 6:30pm
Starts: 9/9
Ends: 11/18

Salsa

7:00 – 8:00pm
Starts: 9/9
Ends: 11/18

Mambo

8:00 – 9:00pm
Starts: 9/9
Ends: 11/18

TUESDAYS

Gentle Yoga

12:15pm – 1:15pm
Starts: 9/10
Ends: 10/1

Vinyasa Yoga Strength/Toning

5:15 – 6:15pm
Starts: 9/10
Ends: 11/19

6:30 – 7:30pm
Starts: 9/11
Ends: 11/20

WEDNESDAYS

Self Defence

6:30 – 7:30pm
Starts: 9/18
Ends: 10/9

Vinyasa Yoga Strength/Toning

5:15 – 6:15pm
Starts: 9/11
Ends: 11/20

8:00 – 9:00pm
Starts: 9/11
Ends: 11/20

THURSDAYS

Zumba

5:00 – 6:00pm
Starts: 9/12
Ends: 11/21

Vinyasa Yoga


6:15 – 7:15pm
Starts: 9/12
Ends: 11/21

Aqua Zumba* Strength/Toning

6:15 – 7:15pm
Starts: 9/12
Ends: 10/3

7:30- 8:30pm
Starts: 9/12
Ends: 11/21

*Class held in Pool.

 <http://www.facebook.com/IITIntramuralsandRec>
 <https://twitter.com/TalonTheHawk>
 www.illinoistechathletics.com

No previous experience is necessary to participate. Please wear workout attire. All classes are offered in Keating Sports Center. Please see our website for class descriptions.

*Class Held in POOL



ILLINOIS INSTITUTE OF TECHNOLOGY
Office of Campus Life

Participating in the Career Fair on Thursday?



GOOD LUCK!

Need something to wear? Come to Campus Life and we'll escort you through the Clothes Closet.

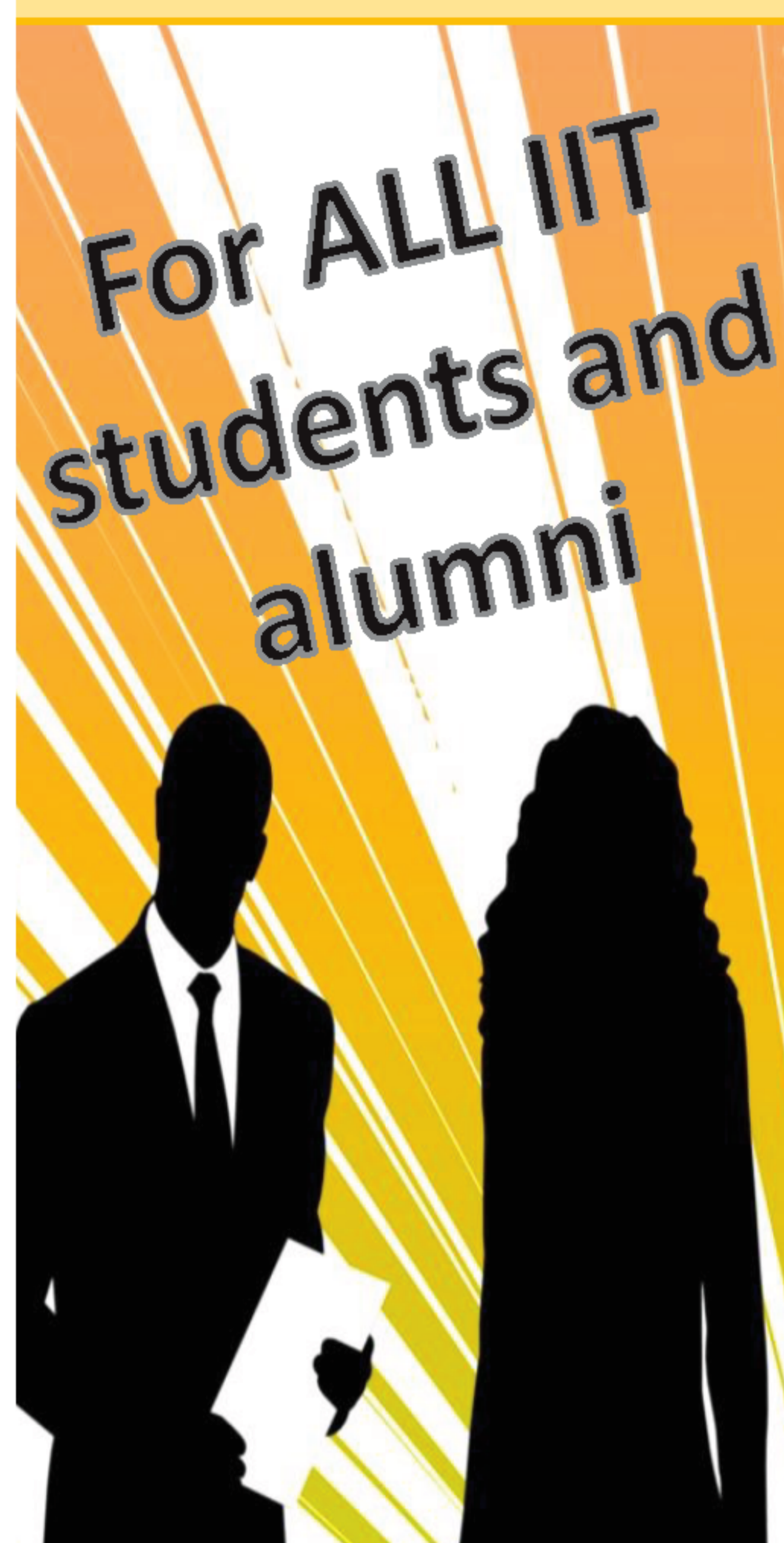
Need feedback on what you are planning to wear? Come visit us with your outfit and we'll help!



HawkLink

ILLINOIS INSTITUTE OF TECHNOLOGY

2013 Pumpkin Launch
Application Now LIVE!
Visit www.iit.edu/campus_life/ for more information!



For ALL IIT students and alumni

ILLINOIS INSTITUTE OF TECHNOLOGY
Career Management Center

is hosting the

FALL 2013 CAREER FAIR

Date September 12, 2013

Location Hermann Hall

Time 12 – 4pm

Attire Business Attire. No Jeans, T-Shirts, or Gym Shoes.

>4100 jobs available 170+ organizations
51% Hiring International

Sponsored by:

Advocate Level:



Associate Level:



Sargent & Lundy LLC



For more information, contact the CMC at:
312.567.6800 or
cmc@iit.edu

Successful Careers
Start Here