

We are proud to present
 our new **TechNews** Sports Editor
Nathan McMahon

THIS IS YOUR CHANCE TO
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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
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TUESDAYS

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

Vinyasa Yoga 5:15 – 6:15pm Starts: 9/10 Ends: 11/19	Strength/Toning 6:30 – 7:30pm Starts: 9/11 Ends: 11/20
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WEDNESDAYS

Self Defence
 6:30 – 7:30pm
 Starts: 9/18
 Ends: 10/9

Vinyasa Yoga 5:15 – 6:15pm Starts: 9/11 Ends: 11/20	Strength/Toning 8:00 – 9:00pm Starts: 9/11 Ends: 11/20
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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* 6:15 – 7:15pm Starts: 9/12 Ends: 10/3	Strength/Toning 7:30 – 8:30pm Starts: 9/12 Ends: 11/21

*Class held in Pool.

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