

Fitness Opinions, Please

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The Reily Student Recreation Center is considering bringing Les Mills fitness classes to campus through a 10-week specialty program. The center seeks input to determine the type of exercise program that would be launched in the fall.

The programs being considered include BodyAttack (a high-intensity group exercise class that caters to all fitness levels), BodyJam (a dance and cardio workout) and BodyPump (a barbell class that focuses on strengthening the body).

A short [survey](#) is available to provide feedback about interest in the [Les Mills classes](#).

The survey also aims to find out the day and time patrons are most likely available to attend classes. The survey should only be completed once and takes about 1 minute to finish. The deadline for submissions is Feb. 7.

For more information, contact [Sarah Grunblatt](#), assistant director of fitness and wellness at the [Reily Center](#).