**Instructional Programs:**

Instructional classes are open to anyone with a Campus Recreation Membership and are included in your membership for the first three weeks of the semester. After the three-week trial period there is a registration fee to continue in these classes. For those who like the group atmosphere but want a little more coaching and additional benefits, Campus Recreation FitWell offers instructional programs that are progressive in nature and provide personal enrichment and skill building. For an additional fee, Campus Recreation members can benefit from lower instructor to student ratios, a reserved spot in class, progressive results, personal attention, and familiar classmates. The instructors of these classes are certified within their discipline and experienced at training all levels and abilities. Space is limited in Instructional programs.

### Class Descriptions

**Click for link to class descriptions HERE.**