



COLLEGE OF SOUTHERN NEVADA  
**COYOTES**

# CSN COYOTE FIT

## COYOTE FITNESS CLASSES

### Dance Fiesta

Mondays

1 - 2 p.m.

September 23 - October 28

North Las Vegas Campus Student Union - Room 126

*Instructor: Andrea Gonzalez*

This is a 55 minute cardio-based class using international rhythms. Dance Fiesta is a great cardio workout! It consists of 70% Latin based rhythms with 30% from genres such as Hip Hop, Country, African, and many other genres that will keep you moving. This high energy dance class allows you to burn calories and sculpt your body while enjoying a "fitness party" atmosphere.

### Sculpt & Shine

Wednesdays

12 - 12:45 p.m.

November 6 - December 11

North Las Vegas Campus Student Union - Room 126

*Instructor: Andrea Gonzalez*

A full-body workout using dumbbells and resistance bands combines with bodyweight exercises to create compound and isolation exercises to get you lean, toned and fit. Experience a high-intensity, full-body workout that targets the major muscle groups of the upper and lower body.

FOR MORE INFORMATION CONTACT CSN CAMPUS RECREATION: 702-651-4447 / SPORTSCENTER@CSN.EDU



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CSN SPORTS CENTER



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