



MISERICORDIA
UNIVERSITY

Fun & Fitness

Fall 2020

Non-Credit & Special Programs for Life

AT MISERICORDIA UNIVERSITY, WE HAVE PROGRAMS FOR
YOU YEAR-ROUND – SPRING, SUMMER, & FALL!

WE ARE HERE FOR YOU. WE ARE MU FOR LIFE!

PERSONAL ENRICHMENT

ADVANCED COMPUTER TECHNOLOGY

Dates: Oct. 21, 28; Nov. 4, 11, 18

Time: 6:00 – 8:00 pm

Prerequisite: Some computer familiarity

CLAY BY HAND AND POTTERY WHEEL

Series 1:

Mondays: Aug. 31, Sept. 14, 21, 28; Oct. 5, 12

Time: 6:00 – 8:00 pm

Wednesdays: Sept. 2, 9, 16, 23, 30; Oct. 7

Time: 1:00 – 3:00 pm

Wednesdays: Sept. 2, 9, 16, 23, 30; Oct. 7

Time: 6:00 – 8:00 pm

Series 2:

Mondays: Oct. 26; Nov. 2, 9, 16, 23, 30

Time: 6:00 – 8:00 pm

Wednesdays: Oct. 28; Nov. 4, 11, 18; Dec. 2, 9

Time: 1:00 – 3:00 pm

Wednesdays: Oct. 28; Nov. 4, 11, 18; Dec. 2, 9

Time: 6:00 – 8:00 pm

COMPUTERS 110: GETTING STARTED AND MOVING FORWARD

Dates: Wednesday, Sept. 9, 16, 23, 30; Oct. 7

Time: 6:00 – 8:00 pm

INTRODUCTION TO BONSAI

Days/Dates: Mondays, September 14 & 21

Time: 6:00 – 9:00 pm

YANG STYLE TAIJIQUAN (T'AI CHI CH'UAN) – LEARNING A TRADITION

Dates: Thursdays, Sept. 3, 10, 17, 24; Oct. 1, 8, 15, 22, 29;

Nov. 5, 12

Time: 7:00 – 8:00 pm

HEALTH AND WELLNESS

FITNESS CLASSES

Monday: Cardio/Extended Stretch 8:00 am

Tuesday: Instructor's Choice 8:00 am

Wednesday: Head-to-Toe 8:00 am

Mind/Body Exercise 12:30 pm

Thursday: Cardio/Extended Stretch 8:00 am

Friday: Head to Toe 8:30 am

Dance Party! 12:30 pm

Saturday: Weekend Workout 9:00 am

INDOOR WALKING TRACK

Dates: Monday – Friday

Time: 6:00 am – 12:00 pm

LUNCH TIME FITNESS

Mind/Body Exercise: Wednesdays, 12:30 – 1:15 pm

Dance Party: Fridays, 12:30 – 1:15 pm

WATER AEROBICS

Monday – Friday: 8:30 – 9:30 am

**FITNESS PACKAGES & DISCOUNTS ARE
AVAILABLE! For more information or to
register, email funfitness@misericordia.edu**

Visit us at
www.misericordia.edu/funandfitness
for all our programs!

The Center for Adult & Continuing Education
at Misericordia University