

Issue

04

May 2013



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Memorial Day Closing

The UFC will be CLOSED on Monday May 27 for Memorial Day. We will re-open on Tuesday May 28 at 5:30 AM.

Summers Hours

UFC will switch to Summer Hours of Operation on Friday May 24. These hours will be in effect until Labor Day.

Monday - Thursday: 5:30 AM - 9:00 PM

Friday: 5:30 AM - 7:00 PM

Saturday: 8:00 AM - Noon

Sunday: 10:00 AM - 2:00 PM

Ladies Self-Defense Workshops

Ladies, are you concerned or have fears about any of the following:

- Work place safety
- Domestic violence
- Living or being alone
- Safety when shopping or traveling

Empower yourself with knowledge, skills, and confidence with this carefully designed self-defense training program.

May 7: 6:00 - 8:00 PM

May 10: 4:30 - 6:30 PM

May 16: 6:30 - 8:30 PM

May 18: 10:30 AM - 12:30 PM

May 19: 10:30 AM - 12:30 PM

Online Registration

Bike to Work Week

Support National Bike to Work Week from May 13 to May 17. Employees who bike to work on May 14 will receive a free gift from Commuter Services from 11 AM to 1 PM at the patio seating outside the Rotunda Café and also from 3 - 5 PM in front of the Crescent. Don't forget to log your commute on May 17 at [PA Commuter Services](#) to be entered to win a bicycle safety pack.



Spin-Ata

Thursdays

May 2 - June 6

6:00 - 7:00 PM

Spin & Tone

Mondays

May 6 - June 17

(No Class 5/27)

6:00 - 7:00 PM

**Pending Sufficient Registration*

Specialty Classes in May

Kundalini Gentle Yoga

Tuesdays

May 7 - June 25

5:45 - 7:00 PM or 7:15 - 8:30 PM

Tae Kwon Do

Mondays & Wednesdays & Fridays

May 20 - July 8

(No Class 5/27)

Mon & Wed: 6:15 - 8:00 PM

Fri: on a week-to-week basis

**For more information on UFC classes and programs please visit our [web site](#).*

Kundalini Yoga with Dan

Thursdays

May 23 - July 25

(No Class 6/13 or 7/4)

7:00 - 8:15 PM



Ladies Tactical KIKK Boxing

Tuesdays & Thursdays

May 28 - June 13

6:30 - 8:00 PM