

# FIT



For

# FINALS

TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.

## *Tuesday*

# *April 30, 2019*

Sports & Recreation Center

**3:30pm-6:30pm**

**Blood Pressure Screening  
Basic Fitness Assessments  
Plank Challenge**

**Jump Rope Challenge**

**Grab'n'Go Healthy Snacks**

**Open Rec Basketball & Volleyball**

**Free  
Get Stuff**

**5:15pm-6:15pm**

**Yoga at the Sports & Recreation Center**