

FIT



For

FINALS

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

Tuesday, December 11, 2018

Get Fit for Finals!

Join Rec Services for this day long event

Rec Center Open Until Midnight

7:00am-9:30am

Healthy snacks available at the Rec & Overlook Fitness Center

11:30am-2:00pm

***Join us on Main Street in the Student Center for
blood pressure screening, basic fitness assessments & giveaways***

5:15pm-6:15pm

Yoga at the Sports & Recreation Center



7:00pm-12:00am

***Sports & Recreation Center open until midnight
Open Rec basketball, volleyball, fitness areas, healthy snacks & giveaways***