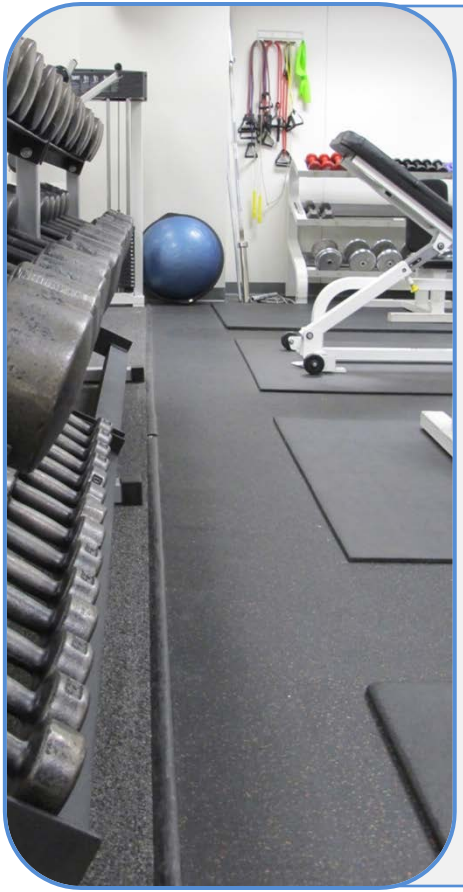

After Work Body Conditioning

A muscular strength and endurance
workout using weights and stability balls.
All classes will include an ab/core segment.

Mondays (lower body) or Wednesdays (upper body)
4:30 PM – 5:15 PM or 5:15 PM – 6:00 PM

Administration Bldg.
(301 W. Jefferson St.)
Fitness Center