

Thursday 8/30



WELCOME BACK

~~TO SCHOOL!~~ WORKOUTS

Free Preview of the Most Popular
Fitness Classes Offered This Spring
Giveaways! Water! & Snacks!

5:15pm Zumba®, 5:30pm Spinning®

6:00pm Body Burn, 6:45pm Power Pump,

7:30pm Yoga

All Classes Meet in SAC Ballroom B



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For more information contact The Department of Recreation at 632-6850 or visit www.recreation.sunysb.edu.