

Healthy  
UNA



PRESENTS

# PARTNER UP FOR HEALTH

CHALLENGE RUNS

11/05-12/6

- BRING A BUDDY TO ANY RFW FITNESS CLASS, EARN DOUBLE THE POINTS, AND COMPETE FOR A PRIZE FOR THE MOST ATTENDANCE!

- BOTH YOU AND A FRIEND MUST PARTICIPATE TO EARN POINTS.
- CHECK-IN FOR ATTENDANCE.
- THE RFW PARTICIPANT WITH THE HIGHEST ATTENDANCE WILL WIN A 3D STEP COUNTER PORTABLE PEDOMETER!

## ROAR FOR WELLNESS

### FALL FITNESS CLASSES

MEMBERS EARN 50PTS PER CLASS

MONDAY: YOGA @ EAST CAMPUS W/ RACHEAL  
YOGA @ SRC STUDIO W/ GERMAN

TUESDAY: LUNCH & LIFT @ SRC STUDIO W/ CRAIG

WED: NO CLASSES

THURSDAY: LUNCH & LIFT @ SRC STUDIO W/  
CRAIG

FRIDAY: LUNCH & LIFT @ EAST CAMPUS W/ GERMAN

WEEKLY SCHEDULE:

MW BEGIN @ 12PM; TTH @11:30AM

CONTACT US

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