

MORT HARRIS RFC

FITNESS TOUR

FITNESS AT THE SCHOOL OF SOCIAL WORK

STARTS JAN. 9-26

Zumba Flow
Join us for a fun lite workout with basic low intensity, no impact movements, stretches & standing core work designed to increase muscle tone while improving circulation, flexibility, stability & coordination.

Stretch It Out
Re-align, re-energize & recover with this workout designed to improve flexibility and increase range of motion. This class will work in tandem with your current routine, or if you are just getting started. You will learn different ways to stretch or simply enjoy opportunity to unwind.

JOIN US AT THE SCHOOL OF SOCIAL WORK BUILDING DURING THE MONTH OF JANUARY TO GET FIT. **FREE TO ALL FACULTY AND STAFF.**

FITNESS CLASSES

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| Mondays | Zumba Flow | Sherrian | 12:00 p.m. |
| Thursdays | Stretch It Out | Tylar | 5:30 p.m. |

EDUCATIONAL CLASSES

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| Jan. 10 | Posture and Pain/Exercise | 12:15 p.m. |
| | Success Tips to Beat Winter Blues | |
| Jan. 24 | Posture and Pain/Exercise | 12:15 p.m. |
| | Success Tips to Beat Winter Blues | |

ALL CLASSES ARE LOCATED ROOM 101



ATHLETICS
MORT HARRIS RECREATION AND FITNESS CENTER

For more information contact Carole Gist at carole.gist@wayne.edu.

RFC.WAYNE.EDU/NEWSLETTERS/FITTOURS.PHP

