RESISTANCE BAND WORKOUT

“Fitness for life, do something today that your future self will thank you for.”

Sponsored by Student Activities
Each participant will be given a resistance workout band. (30 total)
The S.U.B. Activity Room will be open to the first six (6) individuals who would like a bigger workout area.

WHEN: April 21, 2021 at 2:00 pm

ZOOM MEETING ID 968 2423 8641
PASSCODE 725952
INFORMATION Fray or Foster, ext. 6743 or 6744
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