

# "GET READY TO SWEAT!"

**Mondays Rec Center Room 200**

**Open to the CAMPUS Community**



2/13/2012, 5:00PM-6:15PM



2/20/2012, 5:00PM-6:15PM



2/27/2012, 5:00PM-6:15PM



3/19/2012, 5:00PM-6:15PM



3/26/2012, 5:00PM-6:15PM



4/02/2012, 5:00PM-6:15PM



4/09/2012, 5:00PM-6:15PM



4/16/2012, 5:00PM-6:15PM



Workshops with Anne a Certified Personal Trainer  
and an Independent Team Beachbody Coach

All Fitness Levels Are Invited



*A Happy Hour Event*  
*Designed by Students for Students*



Collaboration: KU  
Student Recreation