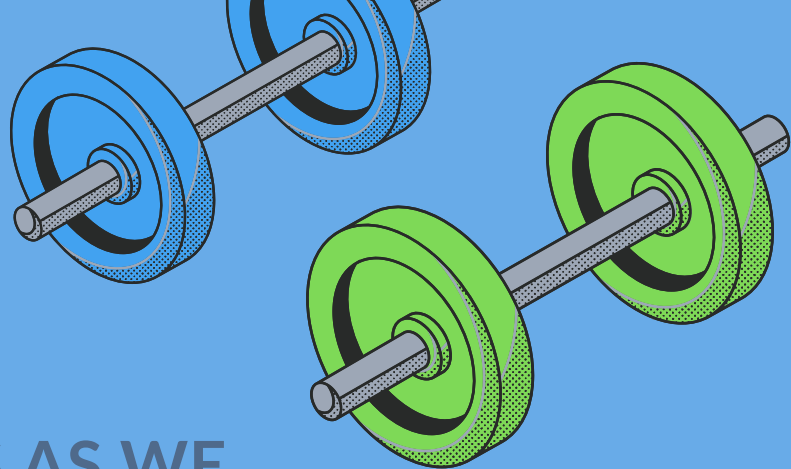
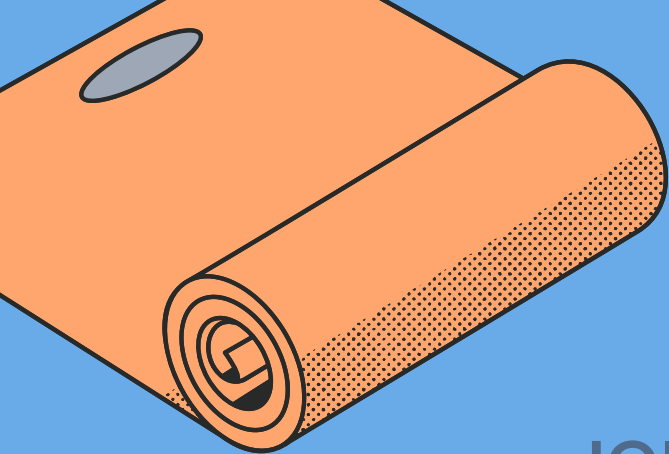
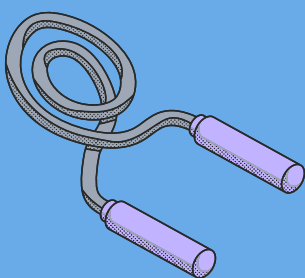
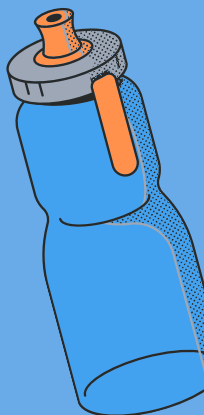




JOIN US AS WE

MOVE TO HEAL!

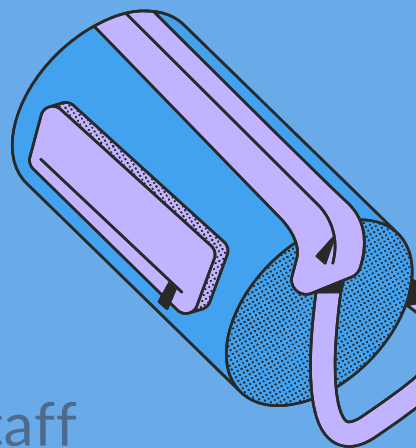


30 min workout (move) → 1 hr group chat (heal)!

Open to all fitness levels, work at your own pace and ability. Connect with peers!



1:30 PM - 3:00 PM
EVERY MONDAY!



Memorial Union RM 315
Open to students, faculty, and staff

