



FREE Demo Classes*

Thursday, March 21st from 4:30-5:30 pm

Tuesday, April 2nd from 12:00-1:00 pm

Wednesday, April 10th from 4:30-5:30 pm

Location: AFC Group Exercise Room

Experience the Movement

Knock the Stress Out of the Day

Discover a New and Fun Way to Workout

Reveal the Champion From Within

**Space is limited! Reserve your spot by
sending an email to Alexa Francisco,
Fitness Coordinator: afranc@gmu.edu**

***Free for students and members**

