

# MASON RECREATION HAPPY HOUR

THE BEST HAPPY HOUR IS ON FRIDAY AT THE GYM!  
COME TRY SOME NEW CLASSES WITH US DURING OUR **FREE** FRIDAY "HAPPY HOUR" SERIES!  
ALL CLASSES ARE FREE TO STUDENTS AND MEMBERS OF MASON RECREATION

## IS REGISTRATION REQUIRED?

NO! SHOW UP WITH YOUR FITNESS ATTIRE, WATER, AND A TOWEL!

WHERE: AFC GROUP EXERCISE STUDIO

WHEN: 4:30PM - 5:30PM

### CLASSES

October 18th - Strictly Strength with Becky  
October 25th - High Intensity Interval Training (HIIT) with Becky  
November 1st - Cardio Kickboxing Noki  
November 8th - Barre with Becky  
November 15th - High Intensity Interval Training (HIIT) with Becky  
November 22nd - Barre with Becky

FOLLOW **GEORGE MASON RECREATION**

