SUNDAY 12/15
Post Basketball Yoga
3:45-4:45PM
ARENA
W/Kristen and Joella

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MONDAY 12/16
Finals De-Stress Yoga
10-10:45AM
Harbor MPR Room
W/Joella

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TUESDAY 12/17
Finals De-stress Yoga
4-4:45PM
APTS Community Center
W/Erica

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WEDNESDAY 12/18
Cardio Party
5-6PM
RAC Fitness Studio
W/Christine

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THURSDAY 12/19
Stress Busters Bootcamp
12:18-1PM
RAC Fitness Studio
W/Alea

CAUTION!
Some side effects of exercise include improved sleep and memory, reduced stress and a stronger immune system. If you experience any of these-keep exercising!