

MOVE IT MONDAY

FREE CLASSES

Monday 5:15-6:00pm

Flanagan Studio

February 5 – Core N’More

February 12 – Pound

February 19 – Total Body

February 26 – Mat Pilates

March 5 – Totally Tubes

March 19 – Boxing Fitness

March 26 – Boot Camp

April 2 – Yoga

April 9 – Pound

April 16 – Power Hour

April 23 – Meditation

April 30 - TBA

Move it Monday is part of the Healthy Campus Initiative

SYRACUSE UNIVERSITY
DEPARTMENT OF RECREATION SERVICES

Healthy 
Monday Syracuse
The day all health breaks loose