



# **FITNESS** **at THE** **SLOPE**

ALL LEVELS WELCOME

Recharge and Shape Up After Class  
Join a light workout and Yoga stretch on “The Slope”

**Wed Oct. 10**  
**Noon- 1:00pm**

12:00 - 12:30 Light Fitness | 12:30 – 1:00 Yoga

At “The Slope” - The grassy area near the Fine Arts Building (FA)

Workout clothes and supportive shoes suggested.  
Bring a mat or a towel to sit on.  
Some mats will be provided.

*Sponsored by the West Kinesiology program*

