

# **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 – Core N’ More**

**Move it Monday is part of the Healthy Campus Initiative**

**SYRACUSE UNIVERSITY**  
DEPARTMENT OF RECREATION SERVICES

**Healthy**   
**Monday** **Syracuse**<sup>®</sup>  
The day all health breaks loose