

# MOVE IT MONDAY

**\*FREE CLASSES\***

**Monday 5:15-6:00pm**

**Flanagan Studio**

<b>September 11 – Core N’ More</b>	<b>October 23 – TBA</b>
<b>September 18 – Totally Tubes</b>	<b>October 30 – Zumba (black light)</b>
<b>September 25 – Zumba</b>	<b>November 6 – TBA</b>
<b>October 2 – Mat Pilates</b>	<b>November 13 – TBA</b>
<b>October 9 – Spin (<u>cycle room</u>)</b>	<b>November 27 – TBA</b>
<b>October 16 – Power Hour</b>	<b>December 4 – TBA</b>

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



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