

USF GROUP FITNESS PRESENTS: PRE-TURKEY BURN-OFF!

Prepare for the holidays
and feel the burn -
BEFORE you indulge!

This 4-week program will challenge you to complete 600 minutes of physical activity through our fun and exciting Group Fitness program! If you complete this challenge, you will be eligible to win one of two **GRAND PRIZE FITNESS PACKAGES!**

Program begins
Monday, October 23rd!



**Sign up at
the Front
Desk TODAY!**



a proud
member of

