

Fitness Classes

IN THE UNIVERSITY OF MARY FIELDHOUSE FITNESS STUDIO



Oct 13 (5-6pm)

STRETCH & FLOW

Oct 20 (5-5:45pm)

SOUL SWEAT



Oct 27 (5-6pm)

MOVE & TONE



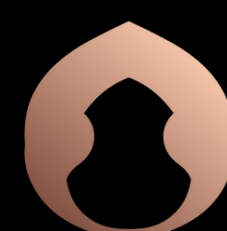
for more info:



UNIVERSITY
of MARY

Student Recreation
& Wellness Program

Naomi Erdahl: njerdahl@umary.edu



www.soulhavenstudio.com

MindBody App: Soul Haven Studio