Spring Into Fitness

4 WEEK challenge:

- Use the Fitness Center
- Attend a group exercise class
  For a total of 25 times

MEASURE the RESULTS:

Body fat and fitness levels will be measured at the beginning and end of the program.

BONUS

Receive a prize when you maintain or improve your levels.

Challenge Yourself
February 6th – March 3rd

Email fitness@albany.edu to sign-up