

UMBC Fitness and Wellness Get Fit Clinic

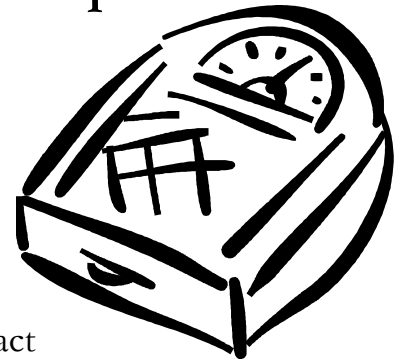
Looking to jump start your fitness this fall? Come join us for one of the Summer Get Fit Clinics! We will learn how to use the various equipment available in the RAC, use baseline measurements and fitness testing to track our progress, and develop individualized fitness programs to meet our goals.

Each participant will walk away with a fitness plan that has been tailored to their needs and current fitness level and goals. They will also learn techniques to adapt their plan and tips to stick with it.

In addition each participant will be able to schedule a free follow up fitness assessment to further track their progress.



Each clinic meets for 3 one hour sessions
Fridays 9/18, 9/25, 10/2 noon-1pm
Wednesdays 10/14, 10/21, 10/28 5-6 pm
\$45, all inclusive



For more information or to register contact
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Fitness and Wellness is a part of UMBC Rec Sports
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