



# TRAIN FOR THE UCA HPER FITNESS CENTER "END OF YEAR RUN"

Sign up for our 12 week program

Starts: Monday, February 2<sup>nd</sup>

Ends: Friday, April 24<sup>th</sup>

Classes will meet:

- Monday (Kim) and Wednesday (Jarod) at 5:00 p.m. on the second floor track at the HPER Center.
- Thursday (Kim) at 12:00 Noon on the second floor track at the HPER Center.

Graduate Assistants Kim Strayer and Jarod Mathany will lead the group warm-up and provide a fitness literature handout every week.

Attendance will be checked every session. All participants that attend a minimum of 22 sessions from 2/2/09 -4/24/09 will receive free registration to the End of Year Run on Saturday, April 25th.

For more information contact: Ary Servedio at (501) 450-5091.

