Takeaway Tuesday: November 13

Come discuss and learn how to build an individualized workout plan!

@ 5:30pm - 6:30pm in Studio 112

Ask a certified personal trainer questions specific to your goals or about general fitness.

Learn:

Basic Guidelines — Basics Program Designs
Cardio/Strength — Frequency/Duration
Exercise Selection — Periodization Techniques

Counts towards Physical Wellness Experience the Wellness Warrior Program!

If you are a person with a disability and need a special accommodation to fully participate, please contact Disability Services 48 hours before the event at 605-677-6389