

FACULTY & STAFF ONLY

The SMC Fitness Center will be offering 2 FREE group fitness classes for MU Faculty and Staff for 4 weeks



Basic Bootcamp- Monday's 5-5:30pm



YOGA- Tuesday's 12:15-1pm

*These classes will run from 3/19-4/12

For more info on these classes please contact Sara Burcin- Fitness Center Manager @ sburcin@ssi.millersville.edu

Or check out the HR website:

<http://www.millersville.edu/hr/>