

POST-HOLIDAY RESOLUTION WORKOUT & INJURY PREVENTION BRIEF



HITT **RESOLUTION** **WORKOUT**

Mon.-Fri. | Jan. 8-Feb. 21 | 11AM
Daniels Family Fitness Center, Building 7960
229-639-6234

Come join us at the HITT Pavilion behind the Daniels Family Fitness Center for our post-holiday Resolution Workout and Injury Prevention Brief! We will have a short conditioning circuit and an injury prevention brief while participants stretch.

