

FREEDOM | FITNESS CENTER

# FEBRUARY

## MONTHLY EVENTS



**Sunset  
YOGA**  
AT THE AIRPARK

**TUESDAYS @ 5:15 PM | FREE**  
All levels welcome | Ages 16+  
*Bring a mat if you have one.*



**FREE  
ZUMBA**  
WITH JESS

**12 PM**  
**MONDAYS**  
**FAC, BLDG 400B**

*All levels welcome | Ages 16+*

## WEEKLY EVENTS

### Intramural Volleyball

Season starts 2 February

### 500 lb & 1000 lb Incentive Program

One rep of bench press, back squat, deadlift with your max weight in 60 minutes. Total weight is 500 lb +, join the club & receive a free t-shirt or patch!

### Family Boot Camp

Tuesdays & Thursdays | 9:00 am

**Call to schedule a relaxing massage today!**