

FITTING FITNESS IN



Fit physical activity into your busy schedule

Presented by
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Always planning on going to the gym but
never seem to have time? Attend the FITTING FITNESS IN
lunchtime seminar to find out how to stay fit while keeping busy.

Lecture only

June 24th 2009

12:00 - 1:00 pm / Health Education Room / SRWC First Floor

Bring your lunch!

Rebel Wellness Zone / 895-4400 / srwc.unlv.edu

Student Recreation
and Wellness Center