

Lunchtime Fitness Classes

FREE FOR FACULTY AND STAFF

Get Moving!

Lunchtime fitness classes are a great way to get moving, make new friends, and have fun! Join us this semester for drop-in yoga or body toning classes. You'll be on your way to feeling great and being healthier.

Toning

Wednesdays, March 22–April 26
(no class April 5)
Skybarn
12:15–12:45 p.m.

Yoga

South Campus

Tuesdays, March 21–April 25
Skybarn
12:15–12:45 p.m.

Main Campus

Thursdays, March 23–April 27
Hall of Languages, Room 500
12:15–12:45 p.m.

No registration required!

All levels of experience are welcome!
Wear comfortable clothes and bring water.
For yoga classes, please bring a mat.

Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at [wellness.syr.edu](mailto:wellness@syrr.edu).

Questions?

Email wellness@syrr.edu
or call **315.443.5472**.