

Glow
with the
Flow

DEC.
5-8

SPARTY STRESS-FREE ZONE ACTIVITIES

- » Spin and Glow: Monday, 6:30–7 p.m., IM East Cycle Studio
- » Zumba Glow: Tuesday, 7–7:30 p.m., IM East Multipurpose Room
- » Glow Open Gym: Wednesday, 6–9 p.m., IM East Gym
(Glow soccer, tag, dodgeball — pick your activity to glow with the flow)
- » Glowing Game Night: Thursday, 6–8 p.m., IM East Gym
(Join the Exercise is Medicine on Campus RSO for indoor lawn games, board games, snacks and a glowing good time! Receive a free shaker bottle, while supplies last)
- » Meditation Station: open Monday–Thursday, 6:30–8 p.m.
in the IM East Multipurpose Room



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