

RAIDERS

UNIVERSITY OF MOUNT UNION - RECREATION AND WELLNESS - PERSONAL TRAINING

- FREE TO ALL STUDENTS, FACULTY AND STAFF -



TRAINERS ARE AVAILABLE

MONDAY

11:15AM-12:15PM

12:30PM-1:30PM

TUESDAY

12:00PM-1:00PM

1:00PM-3:00PM

WEDNESDAY

11:15AM-12:15PM

12:30PM-1:30PM

THURSDAY

1:00PM-3:00PM

FRIDAY

11:15AM-12:15PM

SESSIONS START:

MONDAY

JANUARY 13

**FOR MORE
INFORMATION**

**CONTACT MATT PARNELL AT
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**OR
330-829-8990**