



SPRING INTO FITNESS

LUNCHTIME STRENGTH & MOBILITY CLASS

05.21.25 | 12pm-12:30pm
Building 301 Townhall

Energize your workday with our 30-minute Strength and Mobility class! Perfect for your lunch break, this session is designed to invigorate your body and mind without working up a major sweat.

This efficient workout focuses on improving flexibility, building strength, and enhancing overall mobility. Our expert instructor will guide you through a series of gentle yet effective exercises that will leave you feeling refreshed and revitalized for the rest of your day.

All equipment will be provided