

ARE YOU PHYSICALLY PREPARED?

Tues. & Thurs.
June 5 – 28
5:30 – 6:30 P.M.
Courtside Fitness Studio

Student: \$60
Member: \$65
Non-Member: \$75

GPP is a phase of training that improves you in every aspect of fitness. This class will be a total body work out with the combining of resistance and cardio training techniques to improve your overall fitness and prepare you for anything!



GENERAL PHYSICAL PREPAREDNESS

G.P.P TRAINING

SIU SOUTHERN ILLINOIS UNIVERSITY
RECREATIONAL SPORTS
AND SERVICES
CARBONDALE

rec.siu.edu
618/453-1277

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