

FREE Admission! FREE Admission! FREE Admission! FREE Admission! FREE Admission!

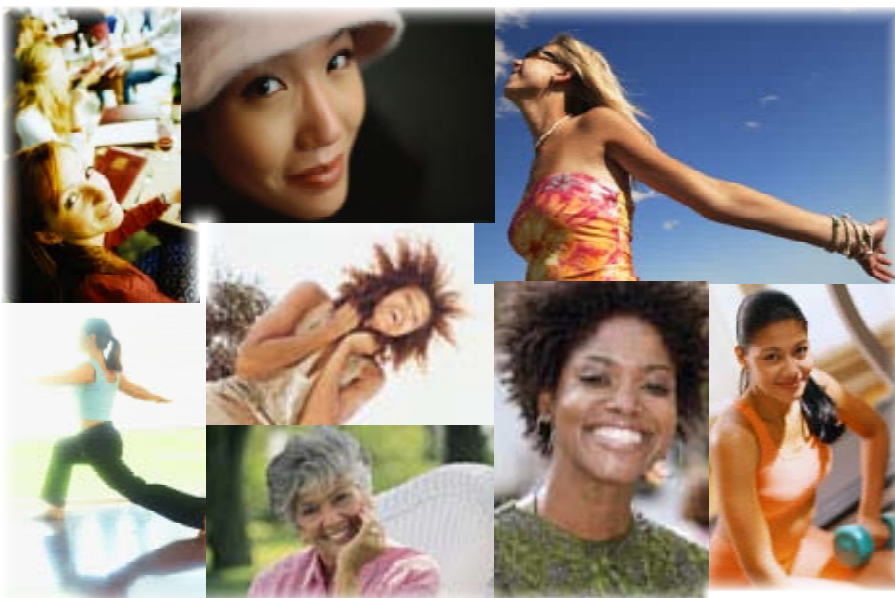


**Thursday, March 19, 2009
4 - 8 p.m.**

**University of Michigan-Flint
Recreation Center**

www.flintrec.com

ZUMBA • HIP HOP
CHILATES • AQUA FITNESS
GENTLE YOGA • SPINNING
LATINDANCE • CHAIR YOGA
KICKBOXING • BELLY DANCE
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And MUCH MORE!**



No registration necessary. You must be 16 years of age or older.

Call the UM-Flint Recreation Center at 810.762.3441 for more information.

Co-sponsored by Campus Activities Board, Office of Student Life, Recreational Services, Staff Council,
University Dining Service, Women's Educational Center, and the Urban Health and Wellness Center.