



**BARRE
FITNESS**



**YIN
YOGA**



**BOOTCAMP FOR
BEGINNERS**

Free Week

STAMP CARD

Attend 2 of these 6 classes and receive a stamp from your instructor to be entered to **win a free fitness or instructional class.**

Submit stamped card to SRC Operations Desk by Sept 18 to be entered to win.

Name: _____

Email: _____



CAPOEIRA



**POUND FIT
ROCK OUT WORKOUT**



**CARDIO
FIT**

➤ RECREATION.UBC.CA/FREE-WEEK

