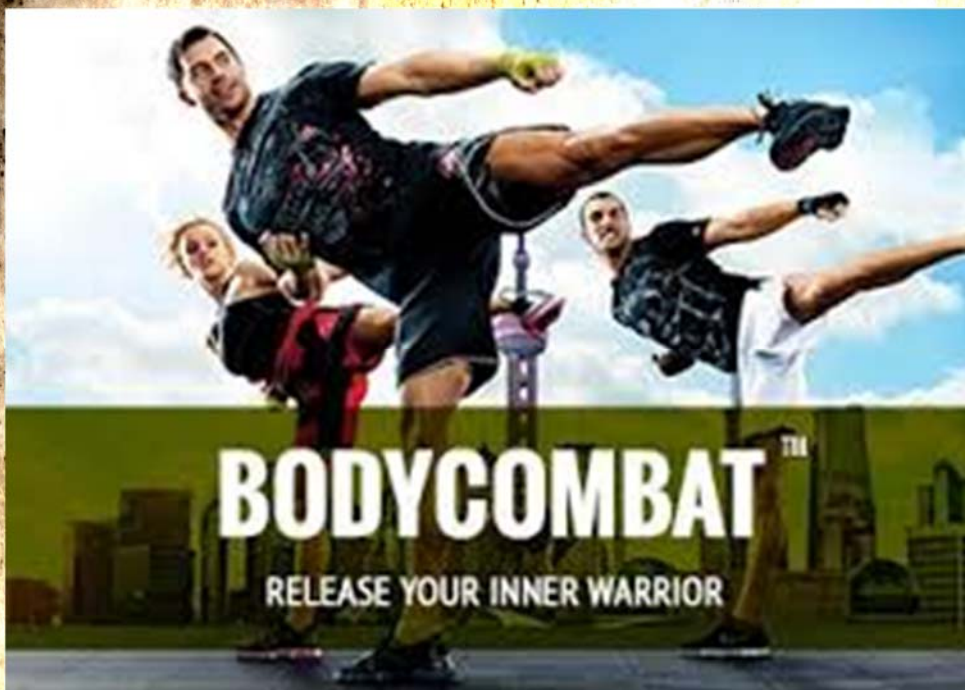


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THURSDAY,
6/23/2016
BODY COMBAT
@ HECSY

Les Mills Body Combat

Come and join us Thursday 6/23/2016 @ 1:30-3:00pm in room 5103/5104. **PLEASE BRING YOUR OWN TOWEL!!** Come, and workout alongside your ASO HECSY Senator to release the stress of daily life routines. This class uses the Attributes of Martial Arts (Great for Self Defense)

Learn how to
**DEFEND
YOURSELF!**

Burn up to 1,000
Calories

Come, and Workout
alongside your
HECSY
ASO Senator

FREE! Water, and
Granola Bars

Southwestern College,
Higher Education Center
at San Ysidro

Room 5103/5104

6/23/2016

1:30pm-3:00pm