



FREE CLASS!
TUESDAYS AND THURSDAYS
7:30-8:15 a.m.
ANDREWS UNIVERSITY POOL
June 7-July 28, 2016



**This class is sponsored by PMC Health Ministries in partnership with
University Health & Wellness and the AU Pool.**

Open to everyone 18+ years old.
Sign up at wellness@andrews.edu soon since there are limited spaces available.

Andrews University Employees can earn points on E-wellness platform by
attending at least 12 of the 16 sessions.

Questions? Contact Katherine Koudele, *ACE certified group fitness instructor*
koudelej@andrews.edu