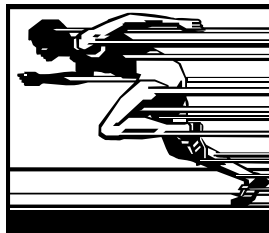


# SHAPE UP

THOSE NEW YEAR'S RESOLUTIONS FOR 2007

FACULTY FITNESS HOUR  
MONDAY – FRIDAY 12:00-1:00 PM



Peters Hall Fitness Center

***PERSONALIZE** your **TRAINING** and **WORK** with an  
**ASSISTANT***



**EVERY FRIDAY 12-1PM**  
**(GROUP ACTIVITY WORKSHOPS OFFERED)**

Kar-Aerobics  
“1 minute total body workout”  
“Let’s get down to the Core”

Check on-line for more details about workshops

[www.radford.edu/~peters](http://www.radford.edu/~peters)

[www.radford.edu/~eshe-web](http://www.radford.edu/~eshe-web)