Mission of the Month: Finish your February with Fitness

Wake Up! Workout

Start your day off right with this quick circuit!

25 squats
25 lunges
50 jumping jacks
50 leg raises
50 calf raises
25 sumo squats
25 jump squats

LMU CREC in partnership with ARC Adventures presents:

Outdoor Adventures

Marina Del Rey Kayaking Day Trip
- Date: Sunday, March 13th
- Time: 12pm – 3:30pm
- Cost: $37.50
- Signup deadline: March 9th @ 5pm

Malibu Mountain Biking Day Trip
- Date: Saturday, March 19th
- Time: 11am - 3pm
- Cost: $37.50
- Signup deadline: March 10th @ 5pm

Overnight Malibu State Park Camping Trip
- Date: April 9th-10th
- Cost: $160
- Signup deadline: March 11th @ 5pm

For more information and to sign up visit: www.lmu.edu/fitwell
See Outdoor Adventures tab.
FitWell Center: (310) 338-3049

Contact the FitWell Center for More Information @ 310-338-3049 Regarding:
- Personal training, group fitness classes, nutrition consultations, In-Body composition testing, presentations, and more!
- Relax in the Stacks: $20 (students); $25 (faculty/staff) for a 30 minute table massage, Wednesdays from 6-8 pm in Room 324 in the William H. Hannon Library. Visit www.lmu.edu/fitwell to schedule an appointment!

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