



SOMifit

Health and Wellness Class

A PROGRAM TO IMPROVE OUR ATHLETES WELL-BEING



**An 8 Week Program With Weekly Hour Sessions
Starts January 21st, 2020
@ Alma College Stone Center for Recreation,
Vassar St. Alma, MI 48801**

Please register online by [CLICKING HERE](#)



Details

- Tuesday evenings from 6:30-7:30 pm beginning Jan. 21st, 2020
- Sessions to cover physical fitness, wellness and nutrition
- Minimum age is 18 unless accompanied by a chaperone or legal guardian
- Incentives available
- Open to 8-10 participants