

WE WALK THE TALK!



**Fitness
Assessments**



**Group Exercise
& Dance**



**Team Building
Activities**



**Goal Setting
& Tracking**



**Circuit Training
& Bootcamps**



**Healthy
Eating**



**Mental
Wellness**

Interested in joining GetFit MSM?

Classes begin November 21!

Register at: bit.ly/JoinGetFitMSM

For more information on GetFit MSM,
please contact Jammie Hopkins at
404-756-8923 or email jhopkins@msm.edu

