



WELLNESS WORKS!

Physical | Financial | Interpersonal

FREE FITNESS SESSIONS

for all A&M
Faculty & Staff Employees

- All fitness levels welcome.
- Workout clothes, water bottles and athletic shoes recommended. Additional equipment may be required for specific classes.
- Certified instructors from Rec Sports and other local fitness gyms

***For schedules, class info
and more, visit:***

wellness.tamu.edu

QUESTIONS? Email wellness@tamu.edu