



## ***Women's Workout***

**When: Summer Hours: May 4 - Aug 14**  
**Tuesdays and Thursdays**  
**10:30 to 11:30 am**

The *Be Well* Program in partnership with the Office of International Students and Scholars would like to provide a welcoming environment for women to work out. (Women's workout is offered every Friday, 10:30 – 11:30 am, during the Fall and Spring semesters.) For more information on the wellness program, please contact:

[caroline.shugart@usu.edu](mailto:caroline.shugart@usu.edu)



**Revitalize your body and mind!**

**Invigorate your senses and feel great!**