

Want to get fit but find the main fitness centre at Tait overwhelming?

Come down to **Studio 3** : Designated for Students Registered with Disability Services



Monday, Tuesday, Wednesday, and Thursday

12:30pm-2:00pm

STARTING: MONDAY, SEPTEMBER 18, 2017
Studio 3

- Smaller, quieter space than the main fitness studio with much of the equipment
- Designated space for students registered with Disability Services
- Drop in, work out on your own OR
- Train with advice from the Personal Trainers on site
- You will need your YU Card to access this space

For more information contact: ldinfo@yorku.ca