

WEDNESDAYS AT 4PM ON MS TEAMS

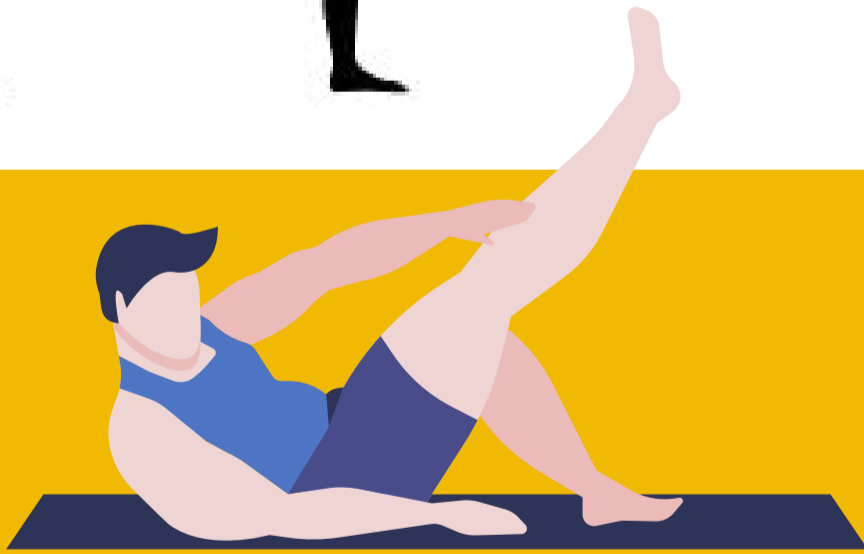
SLAY
THEY
DAY

GOAL
Getter

I can
&
I will

Stretch Yourself

Reduce muscle tension, increase energy



ALL ARE WELCOME

NO RSVP NEEDED, JUST JOIN!

LINK ON OUR WEBSITE AND ON THE 'VILLE

EMAIL SHAC@MVILLE.EDU FOR MORE INFO