

Don't like working out alone? We've got company!

Join GASP at Hart House for a

Core BT class

An all levels class that borrows pilates techniques to focus on core, butt, and thighs muscles.

Class details:

- Monday March 6th from 6:10-6:55 PM
- Lower Gym (Hart House)

Please RSVP to **frances.wong@mail.utoronto.ca** and let us know if you'll be walking over with us at 5:30PM (from MSB 3rd floor lunch room) or meeting us there!

