



Part of
National
Nutrition
Month 2019

RAMFIT CHALLENGE

BOOTCAMP

Fri. March 1st | 5-7pm
WCU Student Recreation Center

"FUELING THE WHOLE YOU!"

- Includes hands-on nutrition activity, 30 minute bootcamp, group exercise class, and cool-down yoga
- Sign up during promo tabling or under "small group training" on the SRC website
- 2 non-perishable items are required for attendance and participation, donations will benefit the Campus Resource Pantry
- All participants are entered to win a raffle prize immediately following bootcamp

