

FUNCTIONAL TRAINING

AT THE REC

OCT 15-DEC 7

MWF 1:30PM-2:30PM

\$100 /PERSON

uh.edu/recreation

STRENGTHENING THE PRIDE

**ENHANCE YOUR PERFORMANCE
FROM ACTIVITIES OF DAILY
LIVING TO ATHLETIC
PERFORMANCE, THROUGH
INTENSE GROUP WORKOUTS.**

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UHRecreation

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UNIVERSITY of HOUSTON
CAMPUS RECREATION