

NU Fitness & Recreation's

lunchtime educational series presents . . .

SHAPE UP FOR YOUR SPORT!

Wednesday, May 14
12:10 - 12:50pm

No matter what your sport...you'll enjoy it more, be a better player, and be less likely to experience an injury if you spend a little time getting into shape for it. Join the NU Personal Training staff and receive expert advice on how to get into shape for golf, racquet sports, biking and baseball. Why not make the most of your skills this season and enhance your overall fitness while you're at it!

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208