MO STATE STUDENT-FACULTY

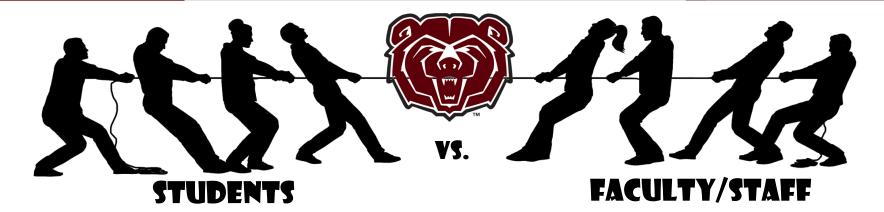
FITNESS FACE-OFF

When: Tuesday, October 21st 10 AM-Noon

Who: Missouri State Students/Faculty/Staff

Where: Freddy Courtyard

(Event will be held in McDonald arena if weather is not permissible)



ACTIVITIES INCLUDE:

FOOTE ALL TOSS

JUMP ROPE

TUMBA

YOGA

FRISEEE

CROPEIT

ORSTACLE COURSE DESWERCISE WERF TAC