



# CALS STAFF COUNCIL PRESENTS: **RESISTANCE BANDS EXERCISE CLASS**

BROUGHT TO YOU BY UA LIFE &  
WORK CONNECTIONS

---

**DECEMBER 13, 2017**

**1:00 P.M.**

SHANTZ BUILDING, ROOM 440

---



With the holidays approaching, your CALS Staff Council, would like to give you the gift of good health and less stress. Join us and learn activities and moves that can be done at your desk or in your workplace! Strength training with resistance bands has unique benefits because the bands are inexpensive, portable, and simple to use. This class will provide a convenient opportunity to meet strength training goals. No special clothing is required and bands are available for use in the class, as well as for purchase.

FOR MORE INFORMATION CONTACT: AMANDA ZAMAN @ 621-5801 [AMANDAL@EMAIL.ARIZONA.EDU](mailto:AMANDAL@EMAIL.ARIZONA.EDU)