

Study Break Fun!!

#fitnessflashmob

Come on out to the stadium for:

Bring It

\$1 donation or can of food for the Eastern Illinois Foodbank

Work It

Burn off some stress and get an amazing hard core workout

Break It

The world record for the largest cardio boot camp record

When: **Thursday, Reading Day 5/7** (REGISTER between 10:30-11:00am)**

Tabata Boot Camp Starts at **11:15am-12:15pm**

** REGISTER EARLY by stopping by 220 Huff Hall—Bring your food or \$1 and get your wrist band!

Where: **Memorial Stadium** (Enter at the WEST GATE between the ARC & Stadium)

Bring your water bottle and wear your workout clothes for a fun “Tabata” styled work out.
All levels welcome. **HELP US TO FILL THE FIELD!! We need 3,000 people!**

SPONSORED BY: Division of Intercollegiate Athletics / Department of Recreation /
Sport and Tourism / Campus Recreation

WORKOUT STAGE SPONSORED BY: Champaign Park District

