

Pose Your Heart Out!

UTC Campus
Recreation



1st Annual UTC Yogathon

Tuesday, February 9th 2016

UTC Aquatic and Recreation Center

4:30pm—7:30pm

Join us as we pose our hearts out at UTC in support of national heart month. Your small entry fee will allow you access to 3 hours of live Yoga and enter you to win fun Yoga prizes. **100% of the proceeds will go directly to the American Heart Association - Go Red for Women.**

\$10 per person \$5 for current UTC students

Yoga has been shown to improve heart health and overall wellness. Come show your support as we raise money to increase awareness of the #1 killer of women.

UTC Aquatic and Recreation Center
601 East 5th Street
Chattanooga, TN 37403
www.utc.edu/campus-recreation

Contact Brooke-Satterfield@utc.edu
for more information.



Pose-Your-Heart-Out-2016-ARC-Yogathon