



**IT'S ON!!**

# **MAK AEROBICS**

**BY**

**The Sports Science Unit**

**Department Of Biochemistry and Sports  
Science**

**School Of Biological Sciences**

**College Of Natural Sciences**



**FOR ALL MAK  
STAFF**

**BE ACTIVE,  
FEEL GREAT**

**NO COST TO  
ATTEND**

**AT JICA  
PARKING**

**EVERY WEDNESDAY  
AND FRIDAY  
5PM - ONE HOUR  
CLASS**

**RIGHT SNEAKERS (GOOD  
FIT, SHOCK ABSORBENT).**

**FREE TOP / SWEATSHIRT**

**COMFORTABLE PANTS /  
TRACK SUITS**

**WATER BOTTLE**