

EXERCYSE TIME

Friday
Nights!

Volunteer by playing games, promoting physical activity, and interacting with youth right on campus!

DATES

TIME

LOCATION

11/8/24

6-7 pm

Forker 184-ISU

11/15/24

12/6/24

1/31/25

2/7/25

2/14/25

2/28/25

3/7/25



Email exercyse@iastate.edu
to learn more

 **ACSM**
EXERCISE IS
MEDICINE[®]
On Campus