



UNIVERSITY of
SAINT FRANCIS

Trim-Line

Trim-Line is a student-led campus organization consisting of all kinds of people with one goal in mind: complete individual expression! We combine individual expression in the form of dance and aerobics to produce one fun hour of fitness. We meet once a week, where we can use laughter and the movement of our bodies to relieve some of the stresses of school and daily life. We dance to various styles of music and are always open to suggestions. Give it a try!

Meetings are held on **Tuesday nights, 8:00-9:00 p.m. at North Campus, Room 141**. For more information, contact Carianne Meng at cmeng@sf.edu.

**Although Trim-Line is very similar to the well-known Latin inspired Zumba®, Trim-Line is in no way affiliated with Zumba®.