

San Diego State University
S.E.T. : Sisters Exercising Together

“Alleviating barriers to exercise for Muslim women”



Location & Time:

SDSU Peterson Gym

Monday: 7-8pm

Thursday: 5:30-6:30pm

Friday: 6-7pm

Sat&Sun: 10-11am

**First Class
January 30th**

Contact Info:

Maryam Osman

Email: sdsuset@gmail.com

call/text: (619) 594-3887

Purpose:

Sisters Exercising Together (S.E.T.) is an exercise program at San Diego State University that is exclusively tailored for Muslim Women.

Eligibility/Requirements:

- Open to all Muslim women
- \$100 for 16 weeks (3 classes a week)
- **FIRST CLASS FREE!!**

Format:

- Weekly classes with a variety of days and times.
- Exercise classes led by a certified female trainer
- Zumba, Self-defense, kickboxing and more

WWW.FACEBOOK.COM/SDSU.SET