



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SMALL GROUP TRAINING

HIGH INTENSITY INTERVAL TRAINING

BUILD ENDURANCE
BURN CALORIES AND FAT IN A SHORTER PERIOD OF TIME
BOOST METABOLISM
BUILD A HEALTHIER HEART

45-MINUTE CLASS TUESDAY/THURSDAY

9:00-9:45a or 10:00-10:45

\$100 per monthly session

REGISTER TODAY, CLASS SIZE IS LIMITED.

LOCATION:FUNCTIONAL FITNESS ROOM