

HIIT: Boot Camp

Monday 5:55 P.M.

or

Tuesday 9:30 A.M.

August 12 & 13

**Field Trips
Outdoors
or Gym #3**

(Specific location weather dependent)



A drop-in class/series with no additional cost as it is a group fitness experience and part of your membership.

Be Fit. Be Family. Be Well.

