

WARRIOR

WEDNESDAYS

*Workouts designed to bring out
the warrior in you!*

Will you accept the challenge?

Mul Cha tha Fair Grounds

Every Wednesday
12:00pm - 12:45pm



High Intensity Workouts

- Tire Flips
- Sand Bags
- Sledge Hammers
- Kick Boxing
- Strength Training
- Power Ropes
- Speed & Agility
- Sleds

For more information call 520-562-2026