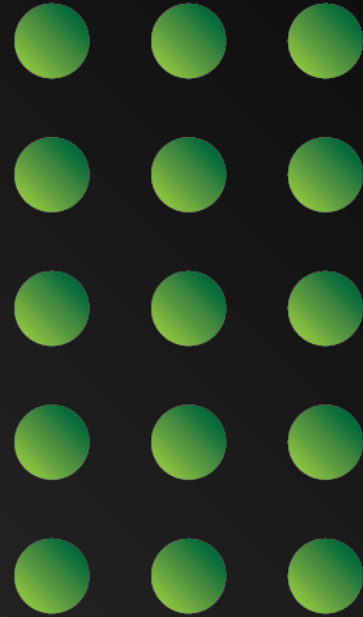


HIGH

INTENSITY

INTERVAL

TRAINING



District 3 Service Center

STARTING JAN. 3, 2023

Every Tuesday at 12pm

Every Wednesday at 5:30pm

**Must be 14yrs and up.
Bring your own water.**



For more information call (520) 562-2026.