

WARRIOR WEDNESDAYS!



WORKOUTS DESIGNED TO
BRING OUT THE WARRIOR IN YOU!

WILL YOU ACCEPT THE CHALLENGE?

03 SERVICE CENTER (12:00PM-12:45PM)

CLASS DATES:

MAY 17, 2023

MAY 24, 2023

MAY 31, 2023

HIGH INTENSITY WORKOUTS

X TIRE FLIPS

X SAND BAGS

X SLEDGE HAMMERS

X KICK BOXING

X STRENGTH TRAINING

X POWER ROPES

X SPEED & AGILITY

X SLEDS

MAY CLASS SCHEDULE

For more information call 520-562-2026.

