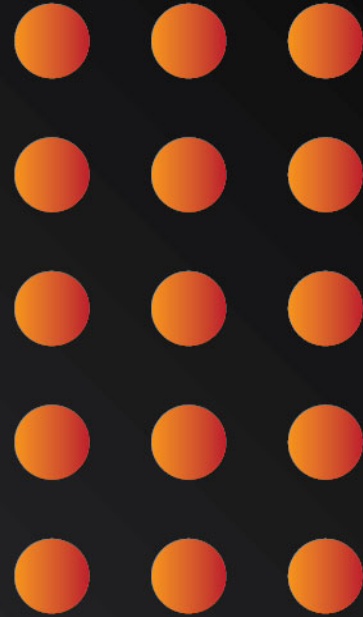


# HIGH

# INTENSITY

# INTERVAL

# TRAINING



**District 3 Service Center**

**Class Dates:**

**May 5, 2023**

**May 26, 2023**

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



**For more information call (520) 562-2026.**