



STRENGTH TRAINING

DISTRICT 3 SERVICE CENTER

12PM

NOVEMBER CLASS SCHEDULE:

NOVEMBER 03, 2023

NOVEMBER 17, 2023

**BRING YOUR OWN WATER!
CLASSES VARY FROM STYLE CIRCUIT
STYLE TRAINING, STEP AEROBICS, TABATA,
TRX, ROPES AND MORE!**



FOR MORE INFORMATION CALL (520) 562-2026