

# WARRIOR WEDNESDAYS!



WORKOUTS DESIGNED TO  
BRING OUT THE WARRIOR IN YOU!

WILL YOU ACCEPT THE CHALLENGE?

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

NOVEMBER CLASS DATES:

NOVEMBER 01, 2023

NOVEMBER 08, 2023

NOVEMBER 15, 2023

NOVEMBER 22, 2023

NOVEMBER 29, 2023

## HIGH INTENSITY WORKOUTS

X TIRE FLIPS

X SLEDGE HAMMERS

X STRENGTH TRAINING

X SPEED & AGILITY

X SAND BAGS

X KICK BOXING

X POWER ROPES

X SLEDS

For more information call 520-562-2026.



NOVEMBER CLASS SCHEDULE