

WARRIOR WEDNESDAYS!



WORKOUTS DESIGNED TO
BRING OUT THE WARRIOR IN YOU!

WILL YOU ACCEPT THE CHALLENGE?

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

FEBRUARY CLASS DATES:

FEB. 7, 2024

FEB. 14, 2024

FEB. 21, 2024

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.



FEBRUARY CLASS SCHEDULE