

# GUESS WHO'S BACK?... BACK AGAIN!

# LUNCHTIME



## WORKOUT



***CLASSES START MONDAY 07/25***

**DAILY LUNCHTIME WORKOUT CLASS IS COMING BACK! MONDAY-FRIDAY**

**12PM-1PM DISTRICT 3 SERVICE CENTER GYMNASIUM**

SPACE IS LIMITED TO THE FIRST 25 PARTICIPANTS.

MUST BE 14YRS.+

MASKS ARE REQUIRED.

BRING YOUR OWN WATER.

**CLASSES WILL VARY FROM CIRCUIT STYLE TRAINING, STEP AEROBICS, TABATA, TRX, ROPES AND MORE!**

**QUESTIONS?**

CALL 520-562-2026 OR  
EMAIL [WELLNESS.CENTER@GRIC.NSN.US](mailto:WELLNESS.CENTER@GRIC.NSN.US)