

# **HIGH INTENSITY INTERVAL TRAINING**



## **MARCH SCHEDULE**

**District 3 Service Center | 12pm  
Class Dates:**

**FRIDAY  
MARCH 1<sup>ST</sup>  
MARCH 8<sup>TH</sup>  
MARCH 15<sup>TH</sup>  
MARCH 22<sup>ND</sup>  
MARCH 29<sup>TH</sup>**

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



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