

WARRIOR WEDNESDAYS!



WORKOUTS DESIGNED TO
BRING OUT THE WARRIOR IN YOU!

WILL YOU ACCEPT THE CHALLENGE?

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

MARCH, CLASS DATES:

MARCH 6, 2024

MARCH 13, 2024

MARCH 20, 2024

MARCH 27, 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

MARCH CLASS SCHEDULE

For more information call 520-562-2026.

