

# **EVENING CIRCUIT TRAINING**

**PUT THE WORK IN  
GET RESULTS**



- Tone the muscles
- Boost the metabolism
- **BURN THE FAT**



**BEGINNER TO  
INTERMEDIATE LEVEL**

**5:30pm at D7 Exercise Room (upstairs)**

**Every Monday Starting July 25th**



**FOR MORE INFORMATION CALL  
520-562-2026 OR  
EMAIL [wellness.center@gric.nsn.us](mailto:wellness.center@gric.nsn.us)**

Limited to 10.  
First come, first serve  
Must be 14yrs. and up.  
Masks required.  
**BRING YOUR OWN WATER!**