

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 D3 Gymnasium

Tuesdays & Thursdays Starting July 19, 2022



**FOR MORE INFORMATION CALL
520-562-2026 OR
EMAIL wellness.center@gric.nsn.us**

Limited to 25.
First come, first serve.
Must be 14yrs. and up.
Masks required.
BRING YOUR OWN WATER!