



# LUNCHTIME WORKOUT

**CLASSES START TUESDAY NOV. 1ST  
MONDAY - FRIDAY  
12PM - 1PM DISTRICT 3 GYMNASIUM**

**NO LUNCH CLASSES ON NOV. 11TH, 22ND, 24TH, AND 25TH**

**MUST BE 14+YRS  
BRING YOUR OWN WATER!**

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



**FOR MORE INFORMATION CALL (520) 562-2026**