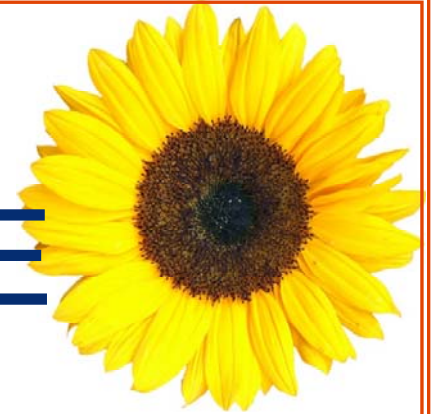




# SUMMER CLASS SCHEDULE – FREE



(Non-Members Get 3 Free Classes)

## **TUESDAY NIGHTS 7 PM – 8 PM**

### **FITNESS DRILLS**

We combine Interval Fitness Training, Weight Training with agility and conditioning

(think football camp but way more fun!)

## **WEDNESDAY NIGHTS 7 PM – 8 PM**

### **INTERVAL FITNESS TRAINING**

Burpees, Push-ups, Mountain Climbers, Sitting Tucks and all functional exercise (think strength training, speed training, agility and conditioning)

## **THURSDAY NIGHTS 7 PM – 8 PM**

### **INTERVAL FITNESS TRAINING ON TURBO**

Burpees, Push-ups, Mountain Climbers, Sitting Tucks and all functional exercise (think strength training, speed training, agility and conditioning)

See Our Facebook Page for Updates on Class Schedules: <https://www.facebook.com/fitchoice247>