

SaddleBrooke Circuit

TRAINING CLASS

Wednesday at 10 am

IN THE MARIPOSA ROOM

No Class July 4 or July 25

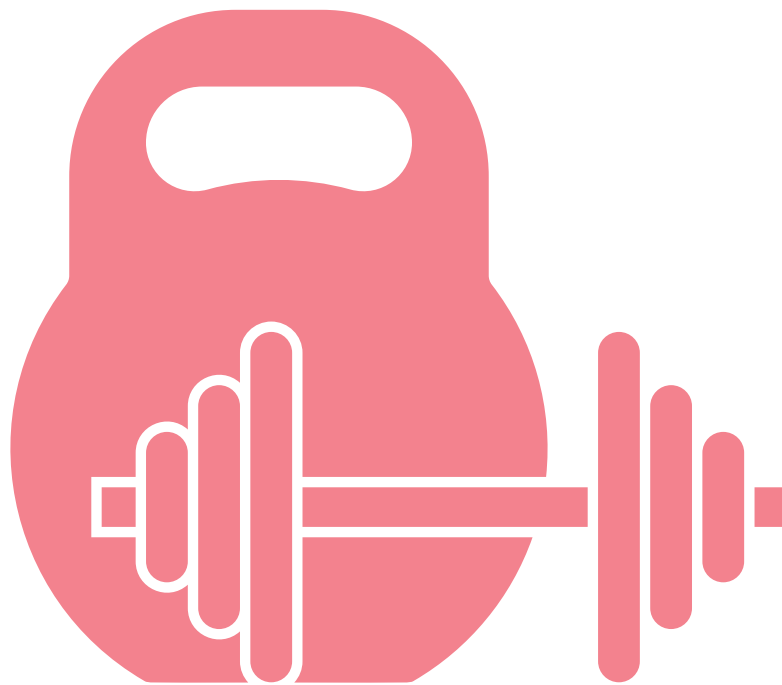
A FULL BODY CIRCUIT

WITH 1 MINUTE STATIONS

Utilizing TRX, Kettle Bells, Bands & More!

INTERVAL CARDIO TRAINING INCLUDED

Suitable for beginning and advanced exercisers!



*SaddleBrooke HOA2
Fitness and Wellness*

Call **(520) 818-1300** to learn more!



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