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!





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

