



ARE YOU UP FOR THE CHALLENGE?

PROGRAM DATES: SEPTEMBER 10–October 17

**REGISTER NOW**

FEE: \$130 MEMBERS- \$160 NON-MEMBERS

**6 WEEKS OF HIGH INTENSITY WORKOUTS**

**PROGRAMS RUNS 2X A WEEK**

**Monday and Wednesday 6–7 am**

**ALL AGES AND FITNESS LEVELS ARE ENCOURAGED  
TO PARTICIPATE**

**GET OUT OF YOUR COMFORT  
ZONE!!**