

# ON-TRACK CIRCUIT

## Your 30-Minute Workout Solution

It's high-paced, effective, fast & fun!

- Free for month of May
- Instructor-Led Class
- One minute intervals of intense strength training

Mondays 9:30 a.m.  
Wednesdays 9:30 a.m.  
Fridays 11:00 a.m.



**Class meets on the track**

**For more information  
contact Marie Burman, 231-6323**