



Summer HIIT Challenge

With Katie West

JOIN US FOR 6 Weeks of TOTAL BODY WORKOUTS

HIGH INTENSITY INTERVAL TRAINING
SIGN UP NOW!!



July 3 – August 11
Mondays & Fridays
5:30PM - 6:30PM



Full Session 12 Classes

Members—\$80

Non Members—\$100

Half Session 6 Classes

Members—\$45

Non members \$ 55

Drop in - \$10



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