



CIRCUIT TRAINING

BYO water bottle, mat/towel, wear comfortable clothes

Where: Fitness Room

Days: Tuesdays & Thursdays

Time 4:30 - 5:30 pm

Instructor: Carrie

Starting November 14, 2017. Sign up with HR, limit of 8 participants per class. No Class Thanksgiving or Christmas week

New attendees please sign up no later than 11/8/2017. Starting 11/9/2017, this class will be open to all employees who have attended previous classes. IF they don't both fill up then you may attend both classes. This class is a 5 week series.