Lunch time circuit training is back!

Starting January 12, 2016-February 18, 2016

Where: Lionel R. John Grand Room with Will Maybee, CSCS

When: Every Tuesday & Thursday from 12:30-1:00

What: Challenge yourself with a fitness class that promotes cardiovascular/muscular endurance, and basic muscular strength. Along the way, learn new exercise techniques, improve your exercise form, and discover ways to develop a healthier body composition. Each session will include music, and exposure to various free weights and fitness equipment. Although walk-ins are welcome, pre-sign ups are appreciated to have an idea of how many participants to expect.

Who: The class is designed to accommodate all fitness levels whether you are a beginner or more advanced. Each exercise can be modified to fit your individual abilities while maintaining optimal safety and effectiveness!

As with any exercise program, you are highly encouraged to speak to your physician before participation.

Please contact:

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