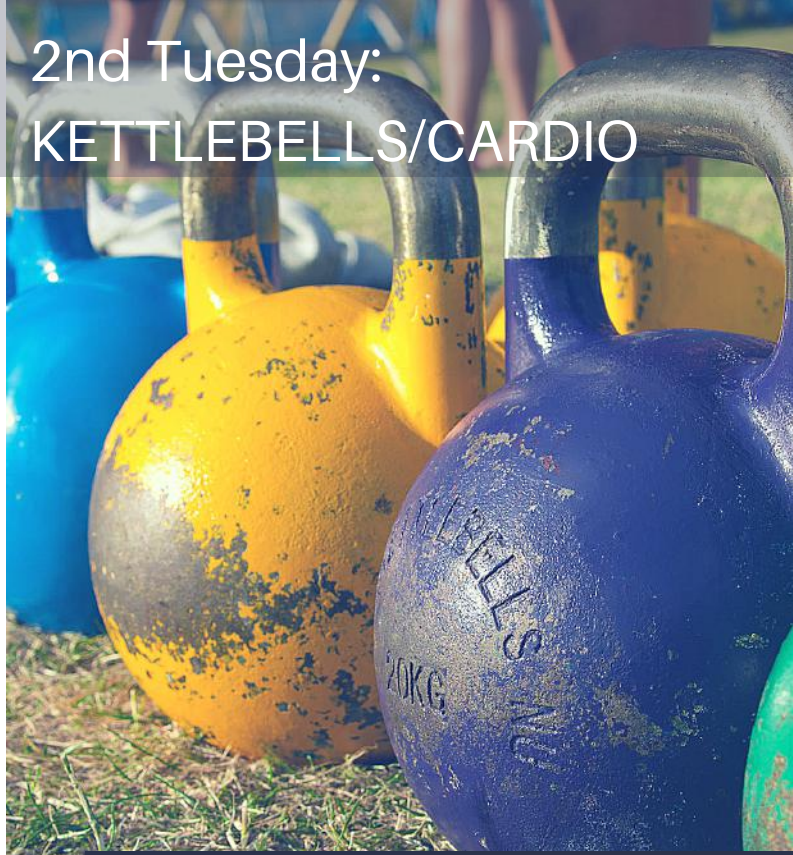


1st Tuesday:
BATTLE ROPES



2nd Tuesday:
KETTLEBELLS/CARDIO



FITMIX TUESDAY

with *Sarah Morgan*

9:15-10:15am IN THE
BASKETBALL COURT

◆◆◆◆◆
\$10 FOR 1 CLASS
\$30 FOR 4 CLASSES

**Please pay at the Front Desk & bring your receipt to class.*



3rd Tuesday:
CIRCUIT TRAINING



20 MINS CARDIO
20 MINS STRENGTH
20 MINS CORE/STRETCHING

4th Tuesday:
20/20/20

CHICO Sports CLUB
HEALTH & FITNESS