



H.I.I.T THURSDAY

with Sarah Morgan

Get ready to rev up your heart rate with this high energy, total body workout. You will have fun and be challenged as you work through intervals featuring team drills, cardio, body weight training, and resistance training. This FREE class takes place on the Basketball Court in order to maximize use of the fitness equipment.

THURSDAYS 9:15 - 10:15 AM



CHICO *Sports* CLUB
HEALTH & FITNESS