

POWER CIRCUIT BLITZ

OCTOBER 7TH-NOVEMBER 25TH

Join us for an exhilarating 8-week journey through our Power Circuit Blitz program, designed to transform your fitness and boost your energy levels! Held in the dynamic environment of our wellness center, this program combines cardio, strength training, and body resistance exercises in an intense Tabata-style format.

Whether you're looking to kickstart your fitness journey or take your current workout routine to the next level, Power Circuit Blitz promises to challenge and inspire you every step of the way. Are you ready to unleash your potential and embrace a healthier, stronger you? Join us for Power Circuit Blitz and elevate your fitness game today!

PICK YOUR TEAM!

TEAM LINDSEY: TUESDAY AT 10:00AM
TEAM CORTNEE: THURSDAY AT 9 :00AM
TEAM JUANITA: FRIDAY AT 10:00AM

COST

\$190 MEMBERS
\$250 COMMUNITY

IRONWORKS
TRAINING
EXCLUSIVE

www.statelineymca.org/power

