



In just 45 minutes burn over 600 calories using interval training and body weight resistance! A workout that generates awesome results! Ideal for people who want to feel stronger while gaining the cardio benefits, agility, balance and coordination!!!

Come Join Us!

When:

Monday/Wednesday/Friday 4:30PM-5:30PM

***Classes begin Monday, August 17th**

Where:

Sterling Grade School Gym

Payment Options:

- **NEW! Punch Card! Buy a punch card; use it for ANY class AND SAVE!!!!**
 - o **Members: \$36/punch card; Non-Members: \$55/punch card**
(One card = 12 hours!!!)
- **Pay per class: \$3 members, \$5 non-members**

ASK ABOUT CHILD CARE!!!

BOX & BURN