

CIRCUIT

TRAINING 101

- > HIGH INTENSITY WORKOUT AT A BEGINNER'S LEVEL
- > ALTERNATE APPROACH TO CARDIO, WHICH PROVIDES A LOW RISK OF INJURY
- > DESIGNED TO BUILD STRENGTH WHILE IMPROVING ENDURANCE

EVERY TUESDAY AND THURSDAY
11:30 AM-12:15 PM

LOCATION

BLDG 21713, 21ST STREET

FOR MORE INFO:

AMBER CLARK AT 706-791-6872 OR AMBER.K.CLARK6.NAF@MAIL.MIL

