

FEEL HEALTHIER BE STRONGER



BOX MASTER HIIT MILL CLASS



Limited to 6 Participants—Y Members Only

Mondays & Wednesdays 8 AM & also at 9AM

\$25 Per Month

Class begins July 2nd

- ◆ *IMPROVE FITNESS PERFORMANCE*
- ◆ *BETTER RESULTS IN LESS TIME*
- ◆ *VARIETY & FUN!*

Take your fitness journey to the next level!

