



Group Fitness Classes

BEGINNING MARCH 16

New and Improved Tuesday Night Group Fitness Class in the Fitness Classroom (this class was formerly called CXT)

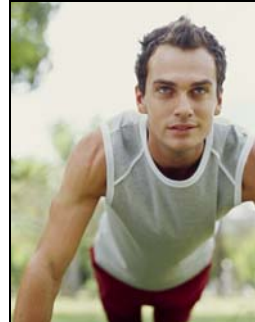
TNT: Tuesday Night Training

5:30-6:15 PM

Join Janet and Amy for a *new and improved, non-choreographed interval training class!*

- **15 minutes** of high intensity cardio
- **5 minutes** of muscular strength and endurance workouts

X Times Two = 1 Awesome Workout!



**Rockwell
Collins**