



POUND

MONDAY'S 5:30-6:15PM

NOV 29, DEC 6 & 13TH

REGISTER BY NOV 26TH

THURSDAY'S 6:30PM-7:15PM

DECEMBER 2, 9, 16TH

REGISTER BY NOV 29TH

**\$15
PER SESSION**

**ROCKOUT.
WORKOUT.**