



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



X-FIT: BRING IT IF YOU'VE GOT IT

Not for the faint of heart! These high-intensity workout classes are created to strengthen and condition your body through interval training, weight-lifting, calisthenics and more. Sign up for your spot now and get a workout of a lifetime. Bring all your energy, you're going to need it!

COST: Single Class: \$5 member;
\$12 non-member

SCHEDULE: Wed.: 9:00 a.m.
Tues. 6 p.m.

CLASS SIZE: Limited to 8 people - first come first serve.
Preregistration is required.

For more information,
call Dave Tanis
@ 269-963-9622 ext. 110