

Happy St. Patrick's Day

SHAM-ROCK Your Body Event

BODYPUMP CHALLENGE

Saturday, March 16th

9:30am to 11:00am

Register at Front Desk!



Come “**SHAM-ROCK**” your body with us at
this 90 minute workout.

**There will be 7 CARDIO CHALLENGES
in-between 10 BODYPUMP tracks.**

In completing all the challenges, you will be put
into a DRAWING for a **LUCKY** prize!

7 chances to WIN!