

EXPRES READINESS

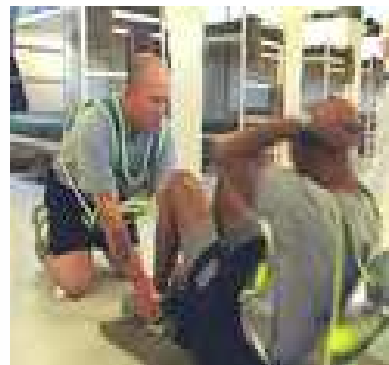


THIS CLASS IS DESIGNED TO HELP YOU ACHIEVE YOUR FITNESS GOALS, PASS YOUR EXPRES TEST, OR REACH THE INCENTIVE LEVEL.

EXPRES-SPECIFIC TRAINING WITH A HIGH FOCUS ON CARDIO, CORE & UPPER BODY.

EVERYTHING FROM SHUTTLE PYRAMIDS TO INTERVAL TRAINING!

M/W/F 1330-1430



♦♦ MILITARY MEMBERS ONLY ♦♦