

# CIRCUIT CIRCUS

**SIGN UP  
TO RESERVE  
YOUR SPOT**

**LIMITED TO  
8 PARTICIPANTS**

This 45 minute class will utilize several types of exercise equipment to integrate strength, cardio, and balance exercises. Participants will rotate through stations in a small circuit for a total body workout. Join us for this small group exercise/training class appropriate for both beginner and advanced fitness levels!

**CLASSES ARE THURSDAY'S AT 5:15**

email: [lmills-strasser@peakptfit.com](mailto:lmills-strasser@peakptfit.com) for details

**TRY ONE CLASS FOR FREE**

**[WWW.PEAKPTFITNESS.COM](http://WWW.PEAKPTFITNESS.COM)**