

WHITMORE LAKE COMMUNITY RECREATION

TRAJAN FITNESS

Wednesday and/or Friday

6:15 p.m.-7:15 p.m.

\$25 for 1 day/Week | \$50 for 2 days/Week
\$8 Drop In

**WHITMORE LAKE HIGH SCHOOL
MULTIPURPOSE/WEIGHT ROOM/INDOOR TRACK**

Session 1: Jan 8-Feb 8 | Price increases \$15 12/28/18

Session 2: Feb 13-March 15 | Price increases \$15 2/1/18



This fitness group, lead by certified group fitness instructor Amanda Warner, combines interval training, core strength, suspension and plyometric with strength and conditioning. Friendly for all fitness levels.

Want the flexibility to attend any WLCR class of your choosing each week? Buy a new Adult Exercise Flex Pass! See our website for details.



TO REGISTER, VISIT WWW.WLPS.NET/COMMUNITY-RECREATION, CALL 734.449.4461 X3057 OR EMAIL WLCRINFO@WLPS.NET