

SATURDAYS 9:15 A.M.-10:15 A.M. 4 CLASSES: \$32 8 CLASSES: \$64 WALK-IN \$11

INTRODUCING MUSIC-LED HIIT WORKOUT.
THE HIGH INTENSITY INTERVALS WILL GET
YOUR BODY BURNING CALORIES LONG
AFTER YOUR WORKOUT, ALL SYNCED TO
MUSIC TO HELP MOTIVATE YOU TO CRUSH
YOUR FITNESS GOALS.

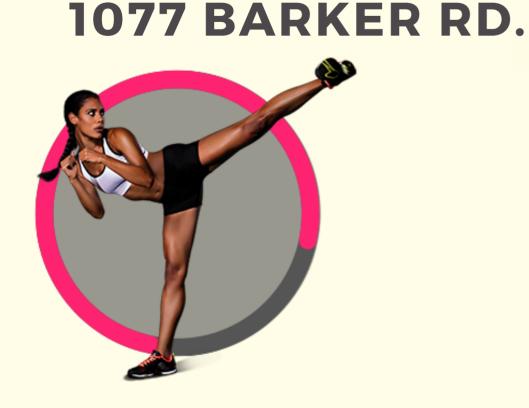
Want the flexibility to attend any WLCR class of your choosing each week? Buy a new Adult Exercise Flex Pass. See our website for details.

SESSION 1. APRIL 20-JUNE 8 REGISTER BY 4/15

*\$15 LATE FEE FOR LATE REGISTRATIONS

WHITMORE LAKE ELEMENTARY
SCHOOL
Next session
CAFETERIA

Next session will pick up after July 7th









Whitmore Lake Community Recreation wlcrinfo@wlps.net | www.wlps.net/community-recreation Office Hours M/W/F 2 p.m.-6 p.m.