

WHITMORE LAKE COMMUNITY RECREATION

TRAJAN FITNESS

Tuesdays and Thursday

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

November 28-December 21

\$36 for 1 day/Week

\$64 for 2 days/Week

\$10 Drop In

Register by November 26 (\$15 Late Fee)

WHITMORE LAKE HIGH SCHOOL MULTIPURPOSE AND WEIGHT ROOM

This fitness group, lead by WLHS Physical Ed Teacher Mike LaNew, combines interval training, core strength, suspension and plyometric with strength and conditioning. Friendly for all fitness levels.



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