

WHITMORE LAKE COMMUNITY RECREATION

# TRAJAN FITNESS

Tuesdays and Thursday

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

\$45 for 1 day/Week | \$90 for 2 days/Week  
\$10 Drop In

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

Session 1: May 29-June 28 | Price increases \$15 5/25/18

*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](http://WWW.WLPS.NET/COMMUNITY-RECREATION), CALL 734.449.4461 X3057 OR EMAIL [WLCRINFO@WLPS.NET](mailto:WLCRINFO@WLPS.NET)**