

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: Sept. 4-Oct. 4 | Price increases \$15 8/20/18

Session 2: Oct. 9-Nov. 8 | Price increases \$15 9/27/18

Session 3: Nov. 27-Dec 20 | Price Increases \$15 11/15/18
(Session 3: \$36 for 1 day/week, \$72 for 2 days/week)

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