

WHITMORE LAKE COMMUNITY RECREATION

# TRAJAN FITNESS

Tuesdays and/or Thursday

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 7 | Price increases \$15 12/28/18

Session 2: Feb 12-March 14 | Price increases \$15 2/1/18

*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.*

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