

MyZone Match Circuit Class



**Specialty Class with
Jenn and Rebecca**

**5PM FRIDAY
FEBRUARY 7**

FREE for Members

Join Jenn & Rebecca for this FUN, team lead class that will include cardio drills and strength conditioning using body weight and props focusing on matching your heart rate to the MyZone target.

Sign up on Member Portal

Not a member? No problem! \$15

Or call the front desk to sign up 508-394-3511



**MORE INFO AT
MIDCAPEATHLETIC.COM
AND ON OUR FACEBOOK PAGE**