

TOTAL BODY BLAST BLAST TUESDAYS 6-7AM

A circuit style weight lifting class that utilizes free weights to improve whole body mobility, stability, strength and endurance. Each week will highlight a different category to break down these functional concepts.

\$48 8 WEEK SESSION

Registration: Now - December 29

Session: January 7 - February 25

SCAN THE QR CODE TO REGISTER ONLINE!



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