

# Club Cardio

## FREE FRIDAY

5:30 - 6:15 pm

This week's theme



## Latino Night

Start your weekend off with a BANG and burn up some extra calories with us! Bring a friend and get a great cardio and strength workout so you will enjoy your weekend GUILT FREE!

- No fee or registration required
- Limited to available space
- Indoor shoes and workout clothes required
- First time visitors arrive 10 minutes early for orientation
- Questions? Call 780.449.5145

