

VALLEY CENTER RECREATION COMMISSION

COME TO HIIT TO GET FIT

Led by Teagan Lange

A WEIGHT-LIFTING CARDIO MIX

**THE FOCUS IS ON GETTING YOUR HEART
RATE UP USING WEIGHTS OR BODY WEIGHT**

Mon Wed Fri

5:15 am - 6:00 am

**@ THE VALLEY CENTER
HIGH SCHOOL WEIGHT ROOM**

FREE for the month of February!

**\$35 PER MONTH
OR DROP IN FOR \$5**

Sign up at the VCRC office

117 N. Park Ave

316-755-7345

