

Ultimate Circuit Training

with Tiffany Carlson

Tiffany is a long term instructor and is very excited to be starting this new class. Ultimate Circuit Training is the ultimate way to lose fat and inches and get into great shape quickly and effectively. This workout is great for beginners and athletes alike as it gives variety by keeping constant movement from cardio drills, resistance, coordination, and flexibility training so we can keep the body moving, but at your own pace. You will see results!
Class minimum 7.



FEE IC\$160 OC \$165
(8 weeks)
Class # 2075.201
Monday & Wednesday
8:00 am – 9:00 am
January 17 – March 2, 2011
Sunset Fire Hall,
2215 Long Street

Register at www.westlinnoregon.gov/parksrec or by calling 503-557-4700