

WORK OUT WITH US!

Bodyweight Strength Training, Cardio & Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Conditioning 11:30-11:35	Yoga & Mobility 11:30-11:35	Strength & Conditioning 11:30-11:35 Yoga Flow 12:15-12:50	Yoga & Mobility 11:30-11:35	Strength & Conditioning 11:30-11:35

FREE FOR ALL HAYDEN FERRY EMPLOYEES.

NO NEED TO SIGN UP - JUST SHOW UP!

BRING: YOGA MAT, TOWEL AND WATER

LOCATION: BUILDING 40 - 1ST FLOOR
(LOOK FOR OUR SIGN)

For questions, feedback or if you'd like more information:
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