

# Intense Circuit Class

at Gateway Fitness Center

Mon/Wed/Fri  
11:30 - 12:00



**FREE**

Challenge yourself with this athletic-based extreme cardio/strength training class.

MEMBER  
**Fitness  
& Sports**

For more information, please call 671-1348

[www.lacklandfss.com](http://www.lacklandfss.com)

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