



**ARE YOU READY
TO CHALLENGE
YOURSELF?**



ULTIMATE SPARTAN

Mondays & Wednesdays

January 7 - February 28, 2019

Time: 6:00 -7:00 P.M.

Fee:

\$70 per person or

\$100 (\$150 Non-Members) with

the Biggest Loser Weight Loss Challenge*

**see flyer for more details*

Ages: 14+

Location:

Comunity Center

Auditorium/

Performance Area

**Minimum of 5 registered
participants by January 10
or class will be cancelled**



**Ultimate Spartan is a combination of
running and weight lifting that will
put your mind and body to the test.**

**Workouts will consist of 5-8 weight
exercises in addition to
running intervals.**

Do you have what it takes to be a

SPARTAN?

**West Side Recreation & Park District
500 Cascade Place, Taft
763-4246 765-6677**