

# ENERGY BURST CIRCUIT TRAINING



## JOIN NOW

**BOOST YOUR  
STRENGTH & STAMINA**

**MAKE 2024 YOUR YEAR**



## TURN UP THE HEAT

ALL FITNESS LEVELS WELCOME  
CHALLENGE YOURSELF IN A FUN,  
SUPPORTIVE ENVIRONMENT!

## DATE & TIME

ROOM 137B  
NOVEMBER 22 AT 11:30 A.M-12:30 P.M



Exercise  
is Medicine®

AMERICAN COLLEGE  
of SPORTS MEDICINE®