

HIGH
iNTENSiTY
iNTERVAL
TRAINiNG



**NEW LOCATION:
BANDINI PARK**

TUESDAY/THURSDAY

**6:00-7:00PM &
7:00PM-8:00PM**

**RESIDENTS: FREE
NON-RESIDENTS: \$24**

SATURDAY

8:00-9:00AM

**RESIDENTS: FREE
NON-RESIDENTS: \$16**



**Parks
Make
Life
Better!**

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AT ACTIVE NET**

