

🔥 SATURDAY SWEAT CIRCUIT 🔥

Strength + Cardio | All Levels Welcome

Saturdays | 9:00–10:00 AM
Starts February 7th

This **circuit-style class** blends **strength training** with **cardio bursts** to keep your heart rate in the **fat-burning zone** while building lean muscle.

Expect:

- 💪 Full-body strength circuits
- ❤️ Cardio sprinkled in (no boring treadmills!)
- 🎵 Great music + high energy
- 🔥 Serious calorie burn
- 😊 A supportive, fun vibe

Perfect for ALL fitness levels—modifications always provided.

👋 Your Instructor



Tracy Libby

ISSA-Certified Personal Trainer & Instructor

Passionate about helping people get stronger, feel better, and actually enjoy their workouts!