

# LUNCHTIME EXPRESS WORKOUTS

Limited time? Make up for it in intensity!  
Join certified personal trainer Jennifer for an  
**intensive 30 minute interval training session**  
during your lunch hour.

**Mondays and Wednesdays at  
11:30, 12:00, and 12:30  
in the Rock Hard Gym.**

**Pay per visit! Only \$8 drop-in per half hour session.**  
Pay the drop-in fee at the front desk, sign in,  
and get started in the Rock Hard Gym.

Bring a towel and water.

Back to back workouts begin and end promptly.  
First come, first served basis, maximum of 6 people.

*Riverside*  
HEALTH CLUB