

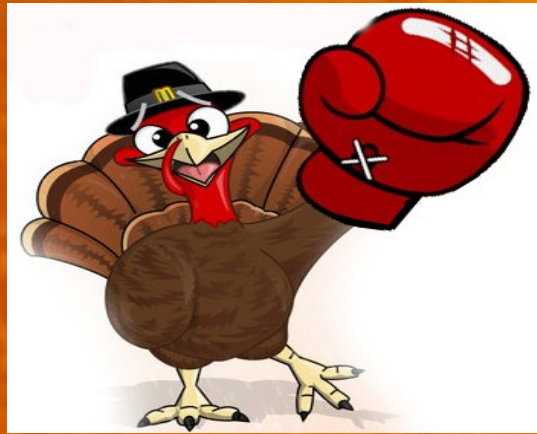
# Turkey Torcher 2022!

*Get sweaty before you get stuffed!*

**FREE for members!**

**Only \$5 for non-members!**

*No  
running  
required!*



*Be ready  
to sweat!*

## **Thanksgiving Day at 7 AM** *Cardio Kickboxing*

*with Jen*

**All fitness levels welcome!**

*Weights and mats are optional and offered first come, first serve.  
Bring a light set of hand weights and a mat if you have them!*



**TotalFitness**  
FAMILY REC CENTER

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