

**Fitness Series:**  
**Circuit Training**

*April 3 - 24, 2025*  
*(4 classes)*  
*Thursdays, 10:00-11:00am*

***Twin Bridges NPLC Program Room***  
***(Park and enter via Front Street Entrance)***

*This is an **intermediate level** exercise class.*  
*Each weekly session will include a progressive*  
*combination of cardio and strength exercises*  
*in circuit training format.*

***Please bring indoor shoes & water.***

***NOTE:*** *You will be required to bring your own set of light weights for class (2lbs - 5lbs is recommended).*

***Register at [www.twinbridgesnplc.com](http://www.twinbridgesnplc.com)***