

# Strength Circuit... A Total Body Strength Class!

You will do 5 strength exercises in a row, timed with rest, before you move on to the next exercise. A core circuit in the middle, and then another 5 total body exercises. Raises your heart rate while building muscle strength at the same time!

6-week sessions

Wednesdays, 1/9 - 2/13, 6:30 - 7:30 p.m.,

Training Solutions, 203 W. Wisconsin Avenue  
Pewaukee, WI 53072



**Class Fee: \$15 per class  
or \$90 for full session**

Register online at  
[www.trainingsolutionswi.com](http://www.trainingsolutionswi.com)