

FITNESS & WELLNESS



TEAM TRAINING ★ LIFE CHANGING

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 am	7:00 am	6:45 am	7:00 am	9:30 am	9:00 am	4:00 pm
9:00 am	12:15 pm	9:00 am	12:15 pm	1:15 pm	12:00 pm	
12:45 pm	4:00 pm	12:15 pm	4:00 pm	5:15 pm		
5:00 pm	5:15 pm	1:15 pm	5:15 pm			
6:30 pm	6:30 pm	5:00 pm	6:30 pm			
		6:30 pm				

F45 is the world's fastest growing functional training network! Workouts are designed to help you reach your fitness goals in a fun, high energy, and community style! F45 is open for all experience levels.

Prices: \$45/\$65 F45 only pass, \$90/\$125 for combo Group Fitness & F45 pass

No Class Dates: January 12, January 21, April 20-21

Location: Larson • 1 Hour Sessions

CAMPUS RECREATION

rec.arizona.edu



RESERVE YOUR SPOT AT:

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