



# Saturday

# SWEAT

**Saturday Sweat is back for another round!** Mix up your weekend workout with a fun, circuit style class! Each session will include strength training, cardio, and flexibility exercises using various equipment.



**8 WEEKS 11/3-1/5**

Saturday Mornings 9:00-10:00am

**Member Rate \$69**

**Non-Member Rate \$99**

Mashpee Fitness

168 Industrial Drive

508-477-6128