



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

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