



# *Saturday* **SWEAT**

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 9/7-10/26**

Saturday Mornings

7:00-8:00am

**Member Rate \$69**

**Non-Member Rate \$99**

Mashpee Fitness

168 Industrial Drive

508-477-6128