

AFTER WORK WORKOUT WEDNESDAYS



EVERY WEDNESDAY STARTING JANUARY 18, 2023
6:15 PM - 7:15 PM



CARDIO



HIIT



FULL BODY WORKOUT



CLASSES LED BY
QUES MOTIVATIONAL
FITNESS



Rec Room
301 S. Church St.
Rocky Mount,
NC 27803

located on the basement
level of Station Square



REGISTER NOW

www.bit.ly/RecRoomWorkout

