

**IT'S TIME TO GET BACK IN SHAPE**

## Meet at the Bubble

Monday – Wednesday **3:00pm – 4:00pm**



Looking for an opportunity to improve your health and PT score? If you are currently struggling with your PT scores or just out of shape and would like to improve your overall fitness. Come out and join us!

**Monday:** Cardio

**Wednesdays:** Circuit Training

Questions/Concerns can be directed to

JT Thomson

Health & Wellness Center

777-1215

**Note: Team Hill federal employees can utilize LX leave to attend Health and Wellness classes upon supervisor's approval**

