



Metabolic Strength Training

WHEN:

MONDAY

OCTOBER 5TH, 2020

WHERE:

GREEN ISLE SOCCER
FIELD

(900 Greene Ave.)

COST:

FREE

AGE:

10 years or older

*Children 10-16 years of age should be accompanied by an adult.

CLASSES TAUGHT

BY:



ELLIPSE FITNESS

training center

Join us for socially-distanced Metabolic Strength Training at Green Isle Park (near the Tennis Courts) on **Monday October 5th 5:30pm-6:15pm**. Never worked out? No problem! We'd love to get you started. What to bring: water, yoga mat/towel/blanket (something to be able to lay on the ground on), a set of medium size weights or a resistance tube.

Look for Heather in the fluorescent pink t-shirt! Heather has been a personal trainer and group fitness trainer with Ellipse Fitness in Allouez for almost 15 years! Questions? Call or text 920-785-8017

Class taught by personal trainers/instructors from Ellipse Fitness

Register by texting 920-785-8017 or emailing allouez@ellipsefitness.com

