

University College of the North

START DATE: MON., FEB. 12



TIME: 4:15 P.M.—5 P.M.

Express Class is a high intensity interval training session that has you moving quickly from one movement to the next. Want a challenge, join this class.

UCN Gymnasium

Mondays

February 12, 19, 26

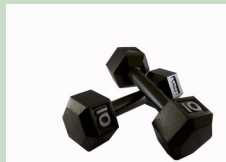
March 5, 12, 19

Cost: \$37.50 for six weeks or

\$8.00 drop in fee per class

FREE FOR UCN STUDENTS AND STAFF

Register by: Friday, February 1, 2018



CONTACT PERSON:

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Time
Express

