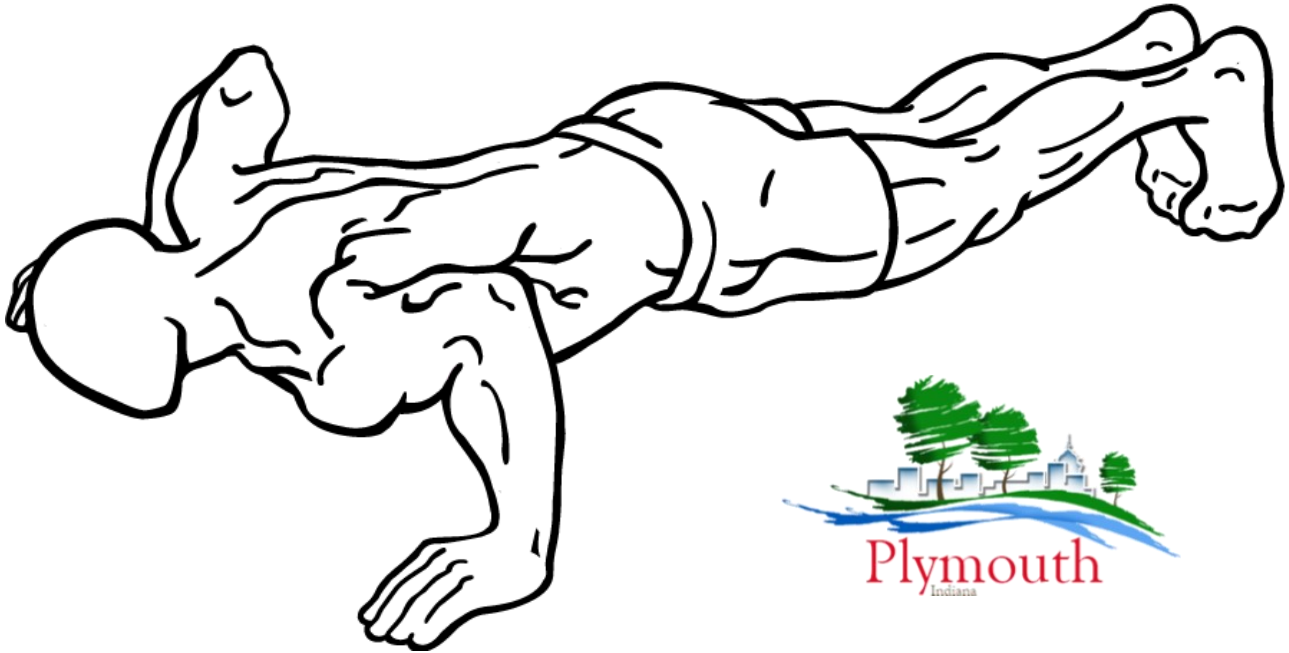


The Plymouth Park Department Presents:

# CIRCUIT TRAINING!



Location: Webster Recreation Center

Time: Thursday evening 5:30-6:15pm

Instructor: Jody Brown

This class consists of moving from station to station in set periods of time. It includes cardio and bodyweight exercises. Feel free to bring own mat, dumbbells, and water.

For more information contact Recreations Director, Allie Shook, at 936-7255, 936-2876,  
or at [parkrec@plymouthin.com](mailto:parkrec@plymouthin.com)