

# WE RISE BY LIFTING OTHERS

~ROBERT INGERSOLL

## Group Workout

Donations ONLY class!

May 17- 10 am -11:15 am

Come enjoy a great workout by 2<sup>nd</sup> Wind Fitness while supporting the Relay For Life. ALL fitness levels welcome!!

### ARE YOU CURIOUS WHAT SORT OF WORKOUT WE'RE GOING TO DO?!

Boot camp stations(body weight movements, etc)  
Cardio Intervals(many modifications available)  
TABATAs (shortened versions)(google it:))  
Nothing lasts longer than 1 minute! And  
you can move/modify at whatever level works for YOU.

Feel free to message me with any questions you may have.

**Tekoa Geswein**

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Parkwest Fitness: 1330 Win Hintschel Blvd, West Lafayette, IN 47906

(765)464-3435

