

Offered by Wrentham Recreation

POWER HOUR

with Coach Chasta

STRONGER YOU!



Delaney Elementary School

Cafeteria

120 Tauton Street-Wrentham

Are you looking for a NEW full-body, high-intensity workout? Get stronger with circuit training. We will focus on strength training using a mix of dumbbells and bodyweight, with periods of cardio. Ages: Teens/Adults

\$65

Winter - 8 Weeks

Meet on Tuesday's

@7:30-8:15PM

Starts 02/07-03/28
no class on 02/21

Register at: www.PowerKidsRunClub.com