

# Women's Cardio Circuit Training

MONDAY

&

WEDNESDAY

9:30 am to 10:30 am

Pricing: \$8.50 per class

**DIMMITT  
COMMUNITY  
CENTER**

918 Osceola Rd., Belleair, FL 33756

[www.belleairrec.com](http://www.belleairrec.com)


For more information contact:

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*“Working out with Shannon is one of the best things I could have done for myself. It’s been a year and a half, and I’ve still stuck with it. Her high energy is contagious as well as motivating.”*

*- Rachel*

*“Escape the gym and enjoy the outdoors”*

**A challenging class that accommodates all fitness levels. Cardio and strength circuits are combined to provide a total body workout. A wide variety of equipment is used to achieve a different workout everytime! Guarantee you will be hooked! Come join the fun ...**

*“I have now been working out with Shannon for quite some time and I thought it was time to write and express my appreciation of her fantastic efforts on always being encouraging and supporting me in my fitness goals. Her flair and skills on keeping routines new and challenging have helped me progress and see the results I have been working so hard at achieving.” - Noelle*