



CROSSLINK
COUNTY SPORTSPLEX

Tues & Thurs
@ 12:05PM - 12:50

JOIN US IN THE TRICAN FIELDHOUSE

OILFIELD
POWER HOUR 
BOOTCAMP/HIIT CLASS **45 min.**

HIIT - HIGH INTENSITY INTERVAL TRAINING . TABATA . CIRCUIT BOOTCAMPS

JOIN ROBIN ROCHON - CERTIFIED FITNESS INSTRUCTOR

THIS STYLE OF GROUP FITNESS DRAWS ON

MUSCLE-BUILDING & CORE

TO CHALLENGE THE ENTIRE BODY.

WHEN YOUR CORE IS STRONG, RESULTS BUILD OUTWARDS.

ALL WORKOUTS ARE DESIGNED TO BURN CALORIES AND BUILD STRENGTH,
ENDURANCE, CARDIO, BALANCE, AND INCREASE OVERALL ATHLETICISM.

\$15 DROP-IN

Phone : 780.830.7407

www.crosslinkcountysportsplex.com

