

**Starting Tues., March 3**

# Goose Creek Activity Center

**New Class: *F.I.R.E.***

**(fierce interval resistance exercise training)**

**Tuesday's**

**5:30-6:30pm**

*Need to boost your workout and see results?*

*Join a certified instructor on Tuesday evenings for an hour of intense physical fun.*

*This class is a total body workout using free weights, resistance training, whole body movements with little rest in between to maximize calorie burn!*



**FEES:**

Daily: \$5

Residents:\$30

Non-Residents:\$35

Part of monthly aerobics fee:

**No membership required**

For more information contact the Goose Creek Community center at 569-4242  
or visit [www.cityofgoosecreek.com](http://www.cityofgoosecreek.com)