

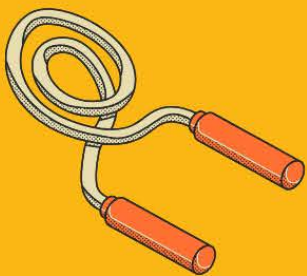


JOIN US FOR A

# CIRCUIT WORKOUT



Circuit Training revolves around moving through a series of exercises in quick succession, targeting different muscle groups.



**Mondays**  
**6:30 AM | 12 PM**



*Apedag Ki:*  
*TOCC Main Campus*

**Contact Us**

[Dharris@tocc.edu](mailto:Dharris@tocc.edu)  
[Afelix@tocc.edu](mailto:Afelix@tocc.edu)

**520-479-2300**  
**ext 1800**

