

# Slammin' Sunday Circuits

@ Future Shapes - Newton

Sundays 8:30 – 9:30 am

Drop-in  
Rate  
\$20



Join trainer Suzanne Pettit for a Sunday morning circuit session designed to make you stronger and get your heart pumpin'.  
New to circuit training?  
No problem. The workout can be modified for all levels.  
Come join the fun!



For more information:  
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