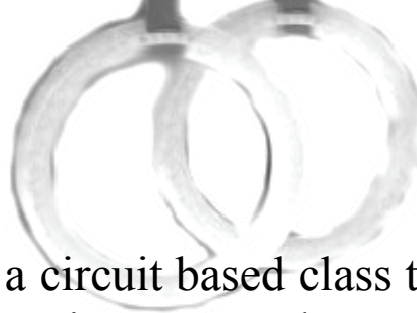


# TACFIT



Tacfit is a circuit based class that has varying levels of intensity to meet the needs of almost all levels of fitness. All exercises are chosen and arranged in such a way to improve body awareness, joint mobility, cardiovascular endurance, and strength.

## **INTENSE 30 MINUTE FUNCTIONAL TRAINING CIRCUIT**

### **DOWNTOWN BAC – STUDIO B**

**MONDAY 7:00 AM**

**TUESDAY 12:15 PM & 6:00 PM**

**WEDNESDAY 7:00 AM**

**THURSDAY 6:00 PM**

**SUNDAY 6:00 PM**

Free to Try  
\$6 Member  
\$10 Non-Member

**CORDATA** | 4191 Meridian St | **DOWNTOWN** | 1616 Cornwall Ave  
360.676.1800 | 360.734.1616  
[www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com)

