

## 30-Minute Blast Classes

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

**Ages:** 13+ years

**Fee:** 1 visit — \$4.40; 10 visits — \$32.70\*\* ; 20 visits — \$52.90\*\*  
12 month membership — \$357.40 (unlimited classes)

\*\*Passes expire 2 years from purchase date