



Rez Warrior MetCon Challenge



DO YOU HAVE WHAT IT TAKES TO FINISH A METABOLIC CONDITION CHALLENGE!

Come and join us for this challenge at the Fitness Place on December 29th starting at 5:30 p.m.

This workout will challenge you in both your strength and Endurance. Complete four rounds of HEART pounding, SWEAT dripping workouts and earn BRAGGING RIGHTS! Grab bags will be given to all who complete the challenge.

For more information please call the Zuni DIPS Program at (505)782-3091 M-F 8 a.m.- 5 p.m.

REGISTRATION IS OPEN
Register at the DIPS office