



TRAINING AT NEWPORT REC

**JANUARY 8TH- APRIL 29TH (17 SUNDAYS)
10 AM- 12 NOON**



- **ADVANCED WORKOUTS-** RUNNING, LIFTING, CLIMBING/LIMITED COACHING
 - INSANE WORKOUTS DEVISED TO STRIP YOU TO YOUR CORE
- WORKOUT DESIGNED TO GET YOU TO THE FINISH LINE AT TOUGH MUDDER
- \$60 WHICH INCLUDES TEAM SHIRT BUT NOT ENTRY INTO TOUGH MUDDER
- NOT FOR THE FAINT OF HEART-NOTIFY YOUR DOCTOR BEFORE STARTING
 - BRING A SNACK AND DOGGED DETERMINATION
 - QUESTIONS CALL PJ AT 863-1332
- ONLY 30 SPOTS AVAILABLE/REGISTERED MUDDERS HAVE FIRST SPOTS AVAILABLE
 - SIGN UP AT NEWPORT RECREATION DEPARTMENT
 - MUST HAVE PRIOR EXPERIENCE IN WORKOUT TRAINING

