



BURN THE BIRD

★ WEDNESDAY, NOV. 20 ★ 11 A.M.-1 P.M. ★

SEISMOS FITNESS CENTER

BURN OFF THOSE EXTRA HOLIDAY CALORIES!

Head into the holiday with a calorie deficit as we combine multiple workouts for two hours of fun and sweat! Stay for the whole workout or drop in for part of it.

FREE

ALL FITNESS LEVELS WELCOME!



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now available for Android™ and iPhone™!



/EverettFFR

425-304-3922