



## Obstacle Course class schedule!

Friday **October 6 at 6pm**

Wednesday **October 11 at 6pm**

Saturday **October 14 at 8am**

Saturday **October 21 at 8am**

Saturday **October 28 at 8am**

**COST: \$3 A CLASS OR FREE WITH MEMBERSHIP  
UPGRADE**

**INSTRUCTOR: DARIN HARRISON**

**Beginners to advanced  
participants welcome!**



An **obstacle course** is a series of challenging physical obstacles an individual or team must navigate usually while being timed. **Obstacle courses** can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. Sometimes a course involves mental tests.

Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do so. Even if you don't do any

obstacle course events, you will still enjoy it and get an excellent full body workout.