

January Obstacle Course class schedule!

Saturday Jan. 6th at 8am
Wednesday, Jan. 10th at 7pm
Saturday Jan. 13th at 8am
Wednesday, Jan. 17th at 7pm
Wednesday Jan. 31st at 7pm

**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.