

# Public Safety Headquarters Garage Workouts Summer 2023



## What is it?

A WellFit workout run by a WellFit Strength & Conditioning Coach at the Headquarters parking garage. All fitness levels welcome!

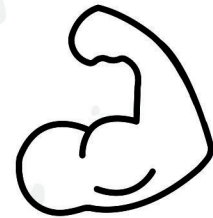
Each class capped at 20 people.



## When?

Tuesday, March 28th  
0600-0700 Class  
0700-0800 Class

More classes to come in the future!



## Where?

Meet at the 5th floor of the parking garage 10 minutes prior to the class time.

In the case of inclement weather, the 4th floor of the parking garage will be used.

**SIGN UP!**

Reservation required to attend!

