



X.T.R.A.

cross training for recreational athletes

Oct. 13th-Dec. 8th

Thursdays 6:15-7:30pm

**8 weeks of intensive cross
training for hardy in body and mind**

location: lower woodland park

**coached by Zum Trainers:
Kaisa Keranen and Mike Terborg**

**Call 206.393.4433 or
contact the front desk for details**

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www.clubzum.com