

# *IGNITE*

## *Athletic Training Adult Circuit Workout*

**Ignites Adult Circuit program meets every Monday and Wednesday at  
5:15-6:15pm at Central Coast Gymnastic Sports Center:**

**\$55.00 a month with a \$20.00 annual registration fee**



**Training will be monitored by  
Olympic Athlete Paul Terek**

**Contact Russ Griffith to register at [rgriffith32@aol.com](mailto:rgriffith32@aol.com)**