

# **HAPPY HOUR MONDAYS**

**Join Master Personal Trainer  
Sean Layden  
on Monday Night  
for high intensity Circuit Training  
designed to get rid of your Monday  
Blues!**

***Transformation Begins:***

**January 11<sup>th</sup>**

**6pm-7pm**

**Wellness Center**

**Sign up in the Wellness Center**

***Space is limited to the first 8 participants***

