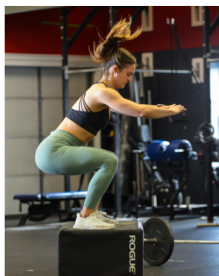




*Taking Group Exercise to
the next level!*



UGX takes the best of various high-intensity, functional fitness programs and blends them together in a partner inspired, heart pumping environment!

- Challenging circuit-type workout.
- Integrates strength and endurance training.
- Instructors will model all stations and show modifications.
- Fun and comraderie included!

FREE For Fitness Members

No Sign-Up Needed

The UGX Studio is located at our 30 Oak St. site.

UGX Schedule

**Wed | Fri | Sat
9:15am-10:15am**

**Tues
8:00am-9:00am**

**Tues | Thurs
6:00pm-7:00pm**

For more information, please contact Megan Sayre-Scibona:

fitness@wtsc.com, or Michelle: mfurbush@wtsc.com