



feel the burn before
FAT TUESDAY



CIRCUIT WORKOUT (2 MILES & 8 CIRCUITS)

MARDI GRAS PARTY

FEB. 16th
START TIME
THURSDAY 1130

EARN YOUR BEADS

AT THE MIRAMAR SPORTS COMPLEX TRACK

Get beads for completing each station

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|------------------------|--------------------|
| 1. 50 PUSH-UPS | 5. 25 BURPEES |
| 2. 50 SQUATS | 6. 25 SQUAT HOPS |
| 3. 50 BICYCLE CRUNCHES | 7. 25 WOOD CHOPS |
| 4. 50 JUMPING JACKS | 8. 25 MT. CLIMBERS |

RUN TRACK 1x BETWEEN STATIONS

4 / 8

3 / 7

1 / 5

2 / 6

FREE EVENT

For Questions Call
Julie Howard
(858) 577.1331

