

HIIT

Comes to Lebanon
Tuesday night's 6:30pm

Join Fitness with Kristen and Lebanon Parks and Recreation as we bring HIIT (high intensity interval training) to YOU!!

FREE of charge for this kick-off class that will be good for beginners, as well as the seasoned fitness enthusiast.

Bring a mat, towel, water and some energy!

9/13/16

Fire Safety Complex- Goshen Hill Road., Lebanon