

**JEFFERSON COUNTY DEPARTMENT OF PARKS AND RECREATION
TUESDAY HIGH INTENSITY INTERVAL TRAINING SCHEDULE
HIGH RIDGE CIVIC CENTER
FEBRUARY 2018**

FEBRUARY 6 – 4:30 PM TO 5:30 PM

FEBRUARY 13 – 4:30 PM TO 5:30 PM

FEBRUARY 20 – 4:30 PM TO 5:30 PM

FEBRUARY 27 – 4:30 PM TO 5:30 PM

(NEXT CLASS BEGINS THURSDAY, MARCH 6, 2018)

**PLEASE CALL OUR PROGRAM CANCELATION HOTLINE IN CASE OF BAD
WEATHER – (636) 797-6101**