



  
**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER

**Jillian Michaels**  
**BODYSHRED**

# Join Us

## The Hottest New Group X Class

Jillian Michaels BODYSHRED is a high intensity & endurance based 30-minute workout utilizing Jillian's 3-2-1 interval approach:

- 3 minutes of strength/resistance
- 2 minutes of cardio
- 1 minute of abs

## Free Group X **Class!**

Every Tuesday and Thursday from 3-4pm in the Student Recreation Center, Fitness Studio 1  
Instructor: Bre'una Keeton

### **All Levels Are Welcome!**

This class will be modified for moderate to high exercise intensities. Great way to start an exercise program for beginners.

For more information, visit:  
[www.rccc.edu/src](http://www.rccc.edu/src)

