

Challenge Your Body to Change Your Body... No Matter What Age



Committed To:

- Getting You in the Best Shape of Your Life
- Improving Your Quality of Life
- Tailoring the Program to Your Needs



**Our Kettlebell Workout Gives
You the Three Most Important
Elements of Fitness:**

• Cardio • Core • Resistance

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**New Men's Class:
Mon. & Wed. 6-7pm
Register Now!**