



TOTAL FITNESS TRAINING

■ GET STARTED ANYTIME!

Packages sold as punch cards

TUES 7pm: Core Fitness – resistance, interval, power, plyometrics, endurance

THUR 7pm: Alternates between Super Circuit and Kick Boxing Fitness classes

SAT 8am: Alternates between Super Circuit and Kick Boxing Fitness classes

PUNCH CARDS available for 8 classes each:

1 PUNCH CARD = 8 classes, **\$65**

2 PUNCH CARDS = 16 classes, **\$85**

3 PUNCH CARDS = 24 classes, **\$110**

STOP IN and get your Power Punch Card **TODAY!**

Punch in.
