

# **EXTREME FITNESS TRAINING**

**Mondays & Wednesdays & Fridays**

**4:30—5:30 pm**

## **WHAT IS IT?**

**AN ADVANCED, INTENSE, CONDITIONING WORKOUT,  
EXPERIENCED WEIGHT TRAINING & PLYOMETRICS SMALL  
GROUP PERSONAL TRAINING**

## **WHAT TO EXPECT**

**SORENESS, PAIN, DISCOMFORT, ACCOMPLISHMENT,  
SATISFACTION, INCREASED STRENGTH, GREATER CARDIO  
CAPACITY—RESULTS!**

**\$10 PER CLASS FOR NON-MEMBERS**