



FREE DEMONSTRATION CLASS

MONDAY, APRIL 17th

5:30pm

Recreation Park— 208 Park Ave., San Fernando

Benefits of TRX Suspension Training:

- Build lean muscle
- Tighten your core
- Boost your metabolism
- Increase your cardio and the list goes on...



JOIN US FOR A FREE CLASS!

The class will be added to the Fit Pass Program, date and time for regular class is to be determined.

For more information contact the main office at 818-898-1290



DEMOSTRACION GRATIS

LUNES, 17 DE ABRIL

5:30pm

Recreation Park— 208 Park Ave., San Fernando

Beneficios de la Clase TRX:

- Tono muscular
- Tono abdominal
- Aumenta tu metabolismo
- Aumenta resistencia cardiovascular y mucho mas



¡ACOMPAÑENOS A LA CLASE GRATIS!

La clase sera agregada al programa de Fit Pass, el dia y horario de la clase regular sera determinada.

Para mas informacion, llame al 818-898-1290