



Explosive Sports Performance

It's Time To Unleash Your Potential!

Morning Classes:

Tuesdays and Thursdays 6-6:45am

Evening Classes:

Monday and Wednesday: 5:45-6:30pm

Weekend: Classes

Saturdays: 8:45-9:30am Sundays: 9:30-10:15am

WARRIOR BOOTCAMP

This is a high intensity, circuit style class that is going to test your physical and mental toughness. It will be difficult but it is not going to beat you into the ground. Not only will it challenge you individually but it will be a challenge against others. Friendly competition to help each other reach your own personal goals.

Program Highlights

- PHYSICAL AND MENTAL CHALLENGE
- IMPROVING HEALTH AND FITNESS
- IMPROVING SELF-ESTEEM

COST:

2 CLASSES PER WEEK PER MONTH: \$39

For Ages 18+

Contact Andrew:

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Explosive Sports Performance

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