

# ADULT FIT



**Explosive Sports Performance**

**Phone: 717-571-4776**

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**FEATURING** • Welcome to Adult Fit! The program that is geared towards reaching your fitness goals and more. By participating in this program you will become stronger, leaner and more mobile. Change your life and reboot your health with this all-new workout!

\*If you have injuries or functional limitations our individual or small group training programs would better suit your needs

**Classes: Ages 25 +**

**Monday/Wednesday/Friday**

**5:00-5:50am and 6:00-6:50am**

**Saturday 8:00-9:30am**

**Unlimited fee \$99 month**

**10 Sessions: \$80**

**5 Sessions: \$55**



**5330 Gibbel Rd.**

**Harrisburg, PA 17112**