

**IT'S TIME TO UP YOUR GAME**



**NEW YEAR  
NEW YOU  
HIIT**

Improve bone density, flexibility, overall strength, cardio endurance and quality of life.

Are you ready to push your limits and create a New You?

ALL Fitness levels welcome. Work at your own pace.

Find accountability and push from your coach.

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**January 1 - February 28**

**7:00 pm Mondays & Wednesdays**

**\$200 - 1 class/wk Program**

**\$300 - 2 classes/wk Program**

**FREE TRIAL CLASS**  
**Jan 1st, 7:00 pm**