

Emeka Nnabuaku

Personal Training Fitness Class

Project 8 Fitness' success for body transformation is surrounded by dynamic training using periodization with high-intensity interval training in circuit form. You'll perform 8-12 exercises varying in the form of repetition or timed intervals ranging from 30 seconds to 2 minute rounds with little or no rest between stations (depending on your fitness level) so keep a fast and steady pace!

Pay by day (\$10)

131120-40	CRC	15+	6/1-6/29	M/W/F	6-7am	\$130/\$143
131120-50	CRC	15+	7/1-7/29	M/W/F	6-7am	\$120/\$132
131120-60	CRC	15+	8/1-8/31	M/W/F	6-7am	\$140/\$154

Crosby Recreation Center

972-466-9810

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