



# 8 WEEK FITNESS CONDITIONING CAMP

Instructed by Chris Williams

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Enjoy a very active, full-body strength and cardio split-circuit training programs focusing on improving participant's overall health. Participants will train in a group setting, but the coach will focus on each individual's proper body mechanics and lifting techniques to prevent any injuries. The coach will also focus on building useful strength, reducing body fat and increasing the confidence levels of each participant.

Try the class for an \$11 drop-in fee.

## CLASSES AT CROSBY ON FRIDAYS

**Class#: 131110-10**

1/08-2/26

12-1PM

\$80/\$88

**Fridays**

**Class#: 131110-30**

3/4-4/29

12-1PM

\$80/\$88

**Fridays**