

Starts Feb 15

ALL MUSCLE SATURDAYS



FREE CLASS SATURDAYS 9 TO 9:45 AM

COME AND EXPERIENCE A FULL BODY
WORKOUT FOR PEOPLE OF ALL ABILITY LEVELS

14 MOVEMENTS/ 7 DIFFERENT STATIONS

TEPHFORD PARK: 10003 SOUTHGATE BLVD
FOR MORE INFORMATION CONTACT (954) 597-3660

