



## **POUND**

**FRIDAYS 6-7PM**

LOUD MUSIC, CONCERT  
SETTING & PARTY  
LIGHTS. WORKOUT TO THE  
BEAT OF MUSIC LEAD BY  
INSTRUCTOR WITH  
WEIGHTED DRUMSTICKS

PAIR OF RIPSTIX \$20 (IN STOCK)

## **COMBAT FITNESS**

**TUESDAY'S 6-7PM**

JUMP, DRAG, LIFT AND STRIKE  
YOUR WAY THROUGH A  
CHALLENGING WORKOUT. NO  
CHOREOGRAPHED MOVEMENTS.  
ALL FITNESS LEVELS ARE  
ENCOURAGED TO ATTEND.

## **FIGHTING DRAGONS FITNESS PACKAGE**

**NO CONTRACTS – NO INITIATION FEES**

**INCLUDES ALL FITNESS CLASSES**

**\$35 UNLIMITED/ MONTHLY**

**\$12 per visit**

**cash – check- credit cards accepted**

## **CORE DE FORCE**

**SATURDAY'S 8:30-9:30AM**

MIXED MARTIAL ARTS-INSPIRED  
WORKOUTS DESIGNED TO SLASH  
INCHES OFF YOUR WAIST AND CARVE  
TOTAL BODY DEFINITION.



## **ZUMBA**

**WEDNESDAYS 6:15-7:15PM**

DANCE TO GREAT MUSIC, WITH  
GREAT PEOPLE, AND BURN A TON  
OF CALORIES WITHOUT EVEN  
REALIZING IT!

## **INSANITY LIVE**

**MONDAYS 6:00-7:00PM**

YOU SEEN IT ON TV, NOW JOIN  
INSANITY HERE! CARDIO  
CONDITIONING FOR EVERY FITNESS  
LEVEL. TOGETHER YOU'LL BUILD  
STRENGTH AND IMPROVE CARDIO!

