ARE YOU PHYSICALLY PREPARED?

Tues. & Thurs.
June 5 — 28
5:30 — 6:30 P.M.
Courtside Fitness Studio

Student: $60
Member: $65
Non-Member: $75

GPP is a phase of training that improves you in every aspect of fitness. This class will be a total body work out with the combining of resistance and cardio training techniques to improve your overall fitness and prepare you for anything!

GENERAL PHYSICAL PREPAREDNESS

G.P.P TRAINING