

Intensa-Fit

MUSCLE

Get the strength & definition you want!
Includes 4-minute intervals of strength training followed by 1-minute fat-burning cardio-bursts

STARTING FEB. 16th

Monthly Rates

Member \$30

Resident/Non-Member \$35

Non-Resident \$40

Monday & Wednesday

6:30-7:30pm

Drop-In Rates

Member \$6

Resident/Non-Member \$8

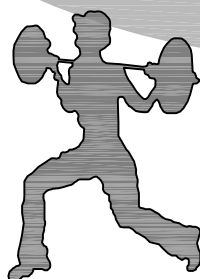
Non-Resident \$10

Register for Muscle & Bootcamp and save!

Member \$45

Resident/Non-Member \$52

Non-Resident \$60



To Register or
for More Information
Contact Sue - 216-904-8311
Intensa-Fit@roadrunner.com