



HIGH INTENSITY

Training With Drue

DO YOU WANT A STRONGER, MUSCULAR, ATHLETIC BODY?

Now is the time to get your fitness on!

Sign up for 6 weeks of true body transforming training!

2 HIGH INTENSITY Training Workouts weekly!

6 Weeks - (12 sessions) TUES / THURS 6am to 6:45am

Starts: Thurs 2/16 Ends: Thurs 3/22

Cost \$240 Class Limit 10

Constantly

Varied

High

Intensity

Functional

Movement

Strong isn't Born, it's Created!

Intensity is Power and Power is Muscle!

- Muscle burns fat 24/7/365
- Muscle increases your metabolism
- Strength for sports, recreation, life
- Strengthen and restore bone health
- Prevent injuries through improved strength and range of motion
- Feel and look great, give your body shape!

Sign Up Today!