



FIT FUNDAMENTALS

\$48

8 WEEK SESSION

**WEDNESDAYS
12-12:45PM**

A follow the leader style whole body movement class that emphasizes improving range of motion, balance and strength. Functional movement for a functional life. This class will utilize calisthenics and body weight for resistance.

SCAN THE QR CODE TO
REGISTER ONLINE!



REGISTRATION: NOW - DECEMBER 29
SESSION: JANUARY 8 - FEBRUARY 26