

Ready? Set? **CARDIO!**

A quick, intense, full body workout with results

Consistent

Activity

Rejuvenation

Discover

Invigorate

Outcome

Join Anthony for an all
CARDIO Workout that has
proven results

\$15/person

Groups of 2-4 people
30 min sessions

Tuesday's - 10:30am & 5:30pm
Thursday's - 10:00am & 6:00pm

You'll do interval training on the
stairs, ellipticals, bikes,
treadmills and more.

This workout is guaranteed to burn
over 400 calories!!

Call Anthony today!
(419) 656-2866

