

# HARD YAKKA!! "XTREME"

## WERE BACK...JOIN US!!

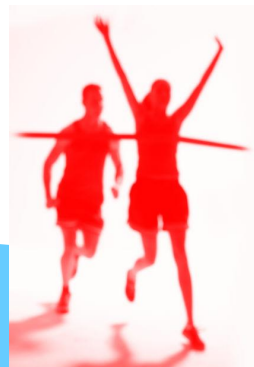
### MISSION OBJECTIVE:

- To make this program FUN, DYNAMIC and REWARDING by helping you achieve your Personal goals. We will teach you to,
  - Improve your power
  - Reduce body fat increase lean muscle mass
  - Improve core strength and flexibility
  - Increase cardiovascular endurance
  - Enhance balance and agility

Class will include:

Kettle Bells, Medicine Balls, Cones  
Hurdles, agility ladders, TRX bodyweight training  
Gymnastic rings, Stability balls,  
Plyometric boxes

### TUESDAY & THURSDAY MORNINGS



Days: Tuesdays & Thursdays  
Time: 6:00 AM  
Duration: 60 minutes  
Intensity: Max-out  
Length: Monthly  
Minimum Class Size: 6  
Maximum Class Size: 20 (10:1 trainer)  
Pre-register at the FRONT DESK!

Trainers: Fereti and Scott



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## TUESDAYS & THURSDAYS 6AM