



Now Offers Group Classes!

Dumbbell MATRIX

Certified Personal Trainer, Lettie Rubalcava, has created a small group class that utilizes dumbbells and explosive core movements to push through fitness plateaus! Lettie will push you to.....

- Improve your performance.
- Lose weight and gain lean muscle mass.
- Strengthen joints to prevent injuries .
- Increase your heart rate and burn more calories.
- Take your flexibility, balance and strength to the next level!

**Wednesday
@ 6 pm**

Dumbbell Matrix..... Are you ready for a challenge?

Individual Class- \$ 12
10 Classes- \$ 100 (\$ 10 /class)
20 Classes- \$ 180 (\$ 9/class)

First class is FREE! See the front desk for more details!

Fusion
Personal Training



<http://www.a3fitnessgroup.com>